

# May 2024

## Connect Café Events

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Sardis Legion 10:30 –12:00 PM Free lunch (must pre- register) Topic: Survey and updates by Connie	3	4
5	6	7	8	9 Chilliwack Senior Recreation Centre 10:00—11:30 PM Topic: Iceland Armchair Travel Part 2	10 CNHPS information booth or table 10—2pm at Cottonwood Mall	11 Intergenerational Cooking Classes 12pm to 2pm (Need to pre-register)
12	13	14 Chwk Activity Cen- tre Intergenerational 3pm—4:45 pm Topic: Painting plant pot with Ineke	15	16 Chilliwack Senior Recreation Centre 10:00—12:00 Free lunch (must pre-register) Top- ic: Survey results- Con- nie	17	18
19	20	21	22 Nutrition Course 9:00am to 12:30pm (Need to pre-register)	23 Chilliwack Senior Recreation Centre 10:00—11:30 AM Topic Sleep Disorders	24	25 Intergenerational Cooking Classes 12pm to 2pm (Need to pre-register)
26	27	28 Chwk Activity Cen- tre Intergenerational 3pm—4:45 pm Topic Making a game with Dianne	29 Nutrition Course 9:00am to 12:30pm (Need to pre-register)	30 Chilliwack Senior Recreation Centre 10:00—11 30 AM Topic: UBC Social Support Study (Kevin Wang)	31	