

October 2024

Connect Café Events

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Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1	2	3 Sardis Legion 10:30 –12:00 Free lunch (must pre-register) Topic: Chair Exercises	4	5
6	7	8 Chwk Activity Centre Intergenerational 3:00—4:45 Topic: Pencil Drawing with Ineke	9	10 Chilliwack Activity Centre 10:00—11:30 Topic: Joan from Chilliwack Resource Society on Canadian Dental Plan	11	12 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Meat Dish
13	14 <i>THANKSGIVING</i>	15	16	17 Chilliwack Activity Centre 10:00—12:00 Free lunch (must pre-register) Topic: Thanksgiving meal Being thankful and mental health	18	19
20	21	22 Chwk Activity Centre Intergenerational 3:00—4:45 Topic: Hodge Podge on stone with Dianne	23 Chilliwack Activity Centre 10:30—11:30 Refreshments and simple chair exercises	24 Chilliwack Activity Centre 10:00—11:30 Topic: Sleep Disorders Part 2—Connie	25	26 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Vegetarian Dish
27	28	29	30	31 Chilliwack Activity Centre 10:00—11:30 Topic: UBC Presentation Improving memory, Attention and Mood		