



Skwxwú7mesh
Úxwumixw

Ts'ixwts'ixwnítway
Member Services
Elder's Centre



August 2026

skwetkálhyes Monday	stsámyes Tuesday	schánxwyes Wednesday	sxaa7útsns Thursday	stsiiýachis Friday
3 CLOSED BC DAY	4 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at chenkw emut	5 *9:30-11 Walking Group 12-2 Luncheon at CJMC	6 *10-11 Chair Zumba at CJMC *11-1 Legends With Becky Duncan Chenkw emut	7 10-2 Walking Group Stanley Park Pt 1
10 *10-3 Sewing at new location chenkw emut, by Capilano Field	11 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at chenkw emut	12 *9:30-11 Walking Group 12-2 Luncheon at CJMC Birthday Redo April May June	13 *10-11 Chair Zumba at CJMC *11-1 Legends With Becky Duncan Chenkw emut	14 930-1130 Walking Group Stanley Park Pt 2 *130-4PM Bingo Chenkw emut
17 *10-3 Sewing at new location chenkw emut, by Capilano Field	18 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at chenkw emut	19 *9:30-11 Walking Group 1130-1 Park Royal Luncheon 130-330 Park Royal Movie	20 *10-11 Chair Zumba at CJMC *10-3 Crafts Drop in at chenkw emut	21 930-230 –Wayne Mah at Member Services 930-230—Steveston Outing
24 *10-3 Sewing at new location chenkw emut, by Capilano Field	25 930-330 Wellness Day At CJMC	26 1030-330 PNE +65	27 *10-11 Chair Zumba at CJMC 1030-330 PNE	28 9:30-2:30 Wayne Mah at Member Services *130-4 Bingo
31 *10-3 Sewing at new location chenkw emut, by Capilano Field	Please keep in mind, programs in <u>Black Ink</u> Require Sign Up, programs in <u>BLUE Ink</u> Do Not Require Sign up! To sign up for programs please call Evangeline 672-335-0817. For transportation please call Heather 236-833-9173. For other inquiries or questions please call Bo 236-668-9669.			