

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:30 John Calvin Christian School Grade 1 Christmas Visit *	3 9:30 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 10:00 Douglas Christmas Coffee Time 10:00 Redwood Christmas Coffee Time 2:00 Seniors Safety- Fraud Prevention Education	4 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	5 10:00 Maple Christmas Coffee Time 10:00 Pet Therapy 1:30 Hymns & Praise with Darlene	6 10:00 Hybrid Fitness \$ 2:00 "Christmas Notes" Choir Performance *\$	7	
8	9 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	10 9:30 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 2:00 Instrumental Christmas Music (Piano & Violin) *\$	11 9:00 Functional Fitness \$ 10:00 Sequoia Christmas Coffee Time 10:00 Chair Fitness \$ 1:00 Amplifon Hearing Clinic * 1:00 Fairfield Flowers- Christmas Arrangement Workshop *\$	12 1:30 Hymns & Praise with Darlene	13 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab- Pain Management Education Session	14 1:30 Chilliwack Youth Orchestra * \$	
15	16 9:00 Functional Fitness \$ 9:00 Community Breakfast- Christmas Breakfast Buffet * \$ 10:00 Chair Fitness \$ 1:00 Acrylic Painting Class * \$	17 1:30 Movie Matinee- Christmas Shoes	18 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	19 10:00 Pet Therapy 1:30 Hymns & Praise with Darlene	20 10:00 Hybrid Fitness \$ 2:00 Abbotsford Youth Orchestra *\$	21	
22 2:30 Sunday Service Provided by River of Life Church	23 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Christmas Harp Concert * \$	24 CHRISTMAS EVE 10:00 Movie - Andre Rieu Home for Christmas	25 CHRISTMAS	26 BOXING DAY	27 10:00 Hybrid Fitness \$	28	
29	30 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	31 NEW YEAR'S EVE	\$= Cost Associated with Event *= Sign-up Required for Event All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.				

