

# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<p>3</p> <p>9:30 am Notes and Beats</p> <p>10:00 am Beating Strong: Heart Health Workshop</p> <p>11:00 am Tai Chi</p> <p>1:00 pm Happy Heart, Diabetes &amp; Me</p>	<p>4</p> <p>10:00 am Dance Fitness</p> <p>10:00 am Let's Make Macramé</p> <p>10:30 am Easy Fit</p> <p>12:00 pm Drop-in Outreach Clinic</p> <p>2:00 pm Expressive Arts Group</p> <p>5:00 pm ID Clinic Drop-in</p>	<p>5</p> <p>11:00 am Easy Fit</p> <p>11:30 am Drop-in Outreach Clinic</p> <p>1:00 pm Caring for My COPD Program Orientation</p> <p>1:30 pm Men in Action</p> <p>2:00 pm Pre-Diabetes Workshop</p>	<p>6</p> <p>10:00 am Drop-in Outreach Clinic</p> <p>10:00 am Dance Fitness</p> <p>11:00 am Learn to Knit</p> <p>1:00 pm Stitch n' Chat</p> <p>3:00 pm Flavours of Brantford</p> <p>6:00 pm 2SLGBTQIA+ Community Connections</p> <p>6:00 pm Brantford Cabaret</p>	<p>7</p> <p>9:30 am Breakfast Club</p> <p>1:00 pm Easy Fit</p> <p>2:00 pm Sit Fit</p>	8
9	<p>10</p> <p>9:30 am Notes and Beats</p> <p>10:00 am Beating Strong: Heart Health Workshop</p> <p>11:00 am Tai Chi</p> <p>1:00 pm Happy Heart, Diabetes &amp; Me</p>	<p>11</p> <p>10:00 am Dance Fitness</p> <p>10:30 am Easy Fit</p> <p>12:00 pm Drop-in Outreach Clinic</p> <p>1:00 pm Basic Shelf</p> <p>2:00 pm Expressive Arts Group</p> <p>5:00 pm ID Clinic Drop-in</p> <p>5:30 pm Gender Journey Brant</p>	<p>12</p> <p>11:00 am Easy Fit</p> <p>11:30 am Drop-in Outreach Clinic</p> <p>1:30 pm Men in Action</p> <p>2:00 pm Pre-Diabetes Workshop</p>	<p>13</p> <p>10:00 am Drop-in Outreach Clinic</p> <p>10:00 am Dance Fitness</p> <p>11:00 am Learn to Knit</p> <p>1:00 pm Stitch n' Chat</p> <p>3:00 pm Flavours of Brantford</p>	<p>14</p> <p>9:30 am Breakfast Club</p> <p>10:00 am Service Canada Outreach Drop-in Clinic</p> <p>1:00 pm Easy Fit</p> <p>2:00 pm Sit Fit</p>	15
16	<p>17</p> <p>9:30 am Notes and Beats</p> <p>10:00 am Beating Strong: Heart Health Workshop</p> <p>11:00 am Tai Chi</p> <p>1:00 pm Happy Heart, Diabetes &amp; Me</p>	<p>18</p> <p>10:00 am Dance Fitness</p> <p>10:30 am Easy Fit</p> <p>12:00 pm Drop-in Outreach Clinic</p> <p>2:00 pm Expressive Arts Group</p> <p>5:00 pm ID Clinic Drop-in</p>	<p>19</p> <p>11:00 am Easy Fit</p> <p>11:30 am Drop-in Outreach Clinic</p> <p>1:00 pm Learn to Paint</p> <p>1:00 pm Caring for My COPD Program Orientation</p> <p>1:30 pm Men in Action</p> <p>2:00 pm Pre-Diabetes Workshop</p>	<p>20</p> <p>10:00 am Drop-in Outreach Clinic</p> <p>10:00 am Dance Fitness</p> <p>11:00 am Learn to Knit</p> <p>11:00 am Explore Social Prescribing</p> <p>1:00 pm Stitch n' Chat</p> <p>3:00 pm Flavours of Brantford</p> <p>6:00 pm Brantford Cabaret</p>	<p>21</p> <p>9:30 am Breakfast Club</p> <p>1:00 pm Easy Fit</p> <p>2:00 pm Sit Fit</p> <p>3:30 pm Belly Dancing</p>	22
23	24	25	26	27	28	29

	<p>9:30 am Notes and Beats</p> <p>11:00 am Tai Chi</p>	<p>10:00 am Dance Fitness</p> <p>10:30 am Easy Fit</p> <p>12:00 pm Drop-in Outreach Clinic</p> <p>1:00 pm Kitchen Confidence 101</p> <p>2:00 pm Expressive Arts Group</p> <p>5:00 pm ID Clinic Drop-in</p> <p>5:30 pm Gentle Yoga</p> <p>5:30 pm Gender Journey Brant</p>	<p>11:00 am Easy Fit</p> <p>11:30 am Drop-in Outreach Clinic</p> <p>1:00 pm Learn to Paint</p> <p>1:30 pm Men in Action</p>	<p>10:00 am Dance Fitness</p> <p>10:00 am Drop-in Outreach Clinic</p> <p>11:00 am Learn to Knit</p> <p>1:00 pm Stitch n' Chat</p> <p>3:00 pm Flavours of Brantford</p> <p>6:00 pm Brantford Cabaret</p>	<p>9:30 am Breakfast Club</p> <p>1:00 pm Easy Fit</p> <p>2:00 pm Sit Fit</p>	
30	<p>31</p> <p>9:30 am Notes and Beats</p> <p>10:00 am Beating Strong: Heart Health Workshop</p> <p>11:00 am Tai Chi</p>					