

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Kitchen Confidence 101 2:00 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	2 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop	3 10:00 am Drop-in Outreach Clinic 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret 6:00 pm 2SLGBTQIA+ Community Connections	4 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	5
6	7 9:30 am Notes and Beats 10:00 am Beating Strong: Heart Health Workshop 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	8 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Kitchen Confidence 101 2:00 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga 5:30 pm Gender Journey Brant	9 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop	10 10:00 am Drop-in Outreach Clinic 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	11 9:30 am Breakfast Club 10:00 am Service Canada Outreach Drop-in Clinic 1:00 pm Easy Fit 2:00 pm Sit Fit	12
13	14 9:30 am Notes and Beats 10:00 am Beating Strong: Heart Health Workshop 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	15 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Kitchen Confidence 101 2:00 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	16 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop	17 10:00 am Drop-in Outreach Clinic 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	18	19
20	21 9:30 am Notes and Beats 11:00 am Tai Chi	22 10:00 am Dance Fitness 10:30 am Easy Fit	23 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic	24 10:00 am Dance Fitness 10:00 am Drop-in	25 9:30 am Breakfast Club 1:00 pm Easy Fit	26

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27	28 9:30 am Notes and Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	29 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 2:00 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	30 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action			

<https://calendar.grandriverchc.ca>