

May 2025

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

		5:30 pm Gentle Yoga	1:30 pm Men in Action 2:00 pm Beating Strong: Heart Health Workshop Series	1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret		
25	26 9:30 am Notes and Beats 10:00 am Pre-Diabetes Workshop Series 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	27 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga 5:30 pm Gender Journey Brant	28 9:30 am Belly Dancing 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action	29 10:00 am Dance Fitness 10:00 am Drop-in Outreach Clinic 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	30 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	

<https://calendar.grandriverchc.ca>