

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 am Dance Fitness 6:00 pm 2SLGBTQIA+ Community Connections	2 9:30 am Breakfast Club 10:00 am Belly Dancing Exercise Class 1:00 pm Easy Fit 2:00 pm Sit Fit	3
4	5	6 1:00 pm Cooking for One 5:00 pm Gentle Yoga	7 10:00 am Summer Salads Cooking Class	8 6:00 pm Gender Journey Brant	9 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	10
11	12 1:00 pm Mood for Thought: Anxiety and Depression	13 1:00 pm Cooking for One 5:00 pm Gentle Yoga 5:00 pm ID Clinic Drop-In	14 3:00 pm Let's Cook Together	15 10:00 am Line Dancing Class	16 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	17 12:00 pm GRCHC Booth at Brantford Pride
18	19 1:00 pm Happy Heart, Diabetes & Me 1:00 pm Mood for Thought: Anxiety and Depression	20 10:00 am Line Dancing Class 1:00 pm Cooking for One 5:00 pm Gentle Yoga 5:00 pm ID Clinic Drop-In	21 1:00 pm Indigenous Peoples Day Event 3:00 pm Let's Cook Together	22 10:00 am Line Dancing Class 3:30 pm Drop-In Free Confidential Testing and Information 6:00 pm Gender Journey Brant	23 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	24
25	26 1:00 pm Mood for Thought: Anxiety and Depression	27 10:00 am Line Dancing Class 5:00 pm Gentle Yoga 5:00 pm ID Clinic Drop-In	28 3:00 pm Let's Cook Together	29 10:00 am Line Dancing Class	30 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	