

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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 2:00 pm Beating Strong: Heart Health Workshop Series	3 10:00 am Dance Fitness 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	4 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	5 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm 2SLGBTQIA+ Community Connections	6 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit 2:00 pm Nutrition for Bone Health	7
8	9 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 2:00 pm Beating Strong: Heart Health Workshop Series	10 10:00 am Dance Fitness 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga 5:30 pm Gender Journey Brant	11 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Soft Food Diet	12 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	13 9:30 am Breakfast Club 10:00 am Service Canada Outreach Drop-in Clinic 1:00 pm Easy Fit 2:00 pm Sit Fit	14
15	16 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 2:00 pm Beating Strong: Heart Health Workshop Series	17 10:00 am Dance Fitness 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	18 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 Protein Power	19 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	20 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit 2:00 pm Cooking with Lori	21
22	23 11:00 am Tai Chi	24 10:00 am Dance Fitness 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	25 9:30 am Belly Dancing 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Nutrition	26 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	27 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	28

		5:30 pm Gender Journey Brant	for Brain Health			
29	30 11:00 am Tai Chi					

<https://calendar.grandriverchc.ca>