

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:00 Dance Fitness 10:00 Paramedic Health Drop-In Clinic 1:00 Kitchen Confidence 101: Crockpot 5:00 ID Clinic Drop-in 5:00 Gentle Yoga	3 11:00 Easy Fit 1:00 Caring for My COPD Program Orientation 1:30 Men in Action 3:00 Let's Cook Together	4 10:00 Dance Fitness 10:00 Paramedic Health Drop-In Clinic 11:00 Learn to Knit 1:00 Stitch n' Chat 6:00 2SLGBTQIA+ Community Connections	5 9:30 Breakfast Club 1:00 Drop-in Service Navigation 1:00 Easy Fit 2:00 Sit Fit	6
7	8 10:00 You're the Chef 10:00 Paramedic Health Drop-In Clinic 1:00 Housing Resource Centre Drop-in Clinic 1:00 Drop-in Service Navigation	9 10:00 Dance Fitness 10:00 You're the Chef 1:00 Kitchen Confidence 101: Fish Tacos 5:00 ID Clinic Drop-in 5:00 Gentle Yoga 6:00 Gender Journey Brant	10 10:00 You're the Chef 11:00 Easy Fit 1:30 Men in Action 3:00 Let's Cook Together	11 10:00 You're the Chef 10:00 Dance Fitness 10:00 Paramedic Health Drop-In Clinic 11:00 Learn to Knit 1:00 Stitch n' Chat	12 9:30 Breakfast Club 10:00 You're the Chef 1:00 Easy Fit 1:00 Drop-in Service Navigation 2:00 Sit Fit	13
14	15 10:00 Paramedic Health Drop-In Clinic 1:00 Housing Resource Centre Drop-in Clinic 1:00 Drop-in Service Navigation	16 10:00 Dance Fitness 1:00 Kitchen Confidence 101: Pizza 5:00 Gentle Yoga 5:00 ID Clinic Drop-in	17 11:00 Easy Fit 1:00 Caring for My COPD Program Orientation 1:30 Men in Action 3:00 Let's Cook Together	18 10:00 Dance Fitness 10:00 Paramedic Health Drop-In Clinic 11:00 Learn to Knit 1:00 Stitch n' Chat	19 9:30 Breakfast Club 1:00 Drop-in Service Navigation 1:00 Easy Fit 2:00 Sit Fit	20
21	22 10:00 Paramedic Health Drop-In Clinic 1:00 Housing Resource Centre Drop-in Clinic 1:00 Drop-in Service Navigation	23 10:00 Dance Fitness 5:00 Gentle Yoga 5:00 ID Clinic Drop-in 6:00 Gender Journey Brant	24 11:00 Easy Fit 1:30 Men in Action 3:00 Let's Cook Together	25 10:00 Dance Fitness 10:00 Paramedic Health Drop-In Clinic 11:00 Learn to Knit 1:00 Stitch n' Chat	26 9:30 Breakfast Club 1:00 Drop-in Service Navigation 1:00 Easy Fit 2:00 Sit Fit	27
28	29 10:00 Paramedic Health Drop-In Clinic 1:00 Housing Resource Centre Drop-in Clinic	30 10:00 Dance Fitness 5:00 Gentle Yoga 5:00 ID Clinic Drop-in	31 11:00 Easy Fit 1:00 Learn to Paint 1:30 Men in Action 3:00 Let's Cook Together			

	1:00 Drop-in Service Navigation					
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<https://calendar.grandriverchc.ca>