

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	2 10:00 am Drop-in Outreach Clinic 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop Series	3 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 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 10:00 am Beating Strong: Heart Health Workshop Series 1:00 pm Happy Heart, Diabetes & Me	8 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	9 10:00 am Drop-in Outreach Clinic 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop Series	10 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	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 10:00 am Beating Strong: Heart Health Workshop Series 1:00 pm Happy Heart, Diabetes & Me	15 10:00 am Dance Fitness 10:30 am Easy Fit 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 Series	17 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	18 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	19
20	21 10:00 am Beating Strong: Heart Health Workshop Series	22 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	23 10:00 am Drop-in Outreach Clinic 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action	24 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	25 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	26
27	28	29 10:00 am Dance Fitness	30 9:30 am Belly Dancing	31 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	11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action	11:00 am Learn to Knit 1:00 pm Stitch n' Chat		
--	--	---	--	--	--	--

<https://calendar.grandriverchc.ca>