

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	2
3	4	5 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in	6 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	7 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm 2SLGBTQIA+ Community Connections	8 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	9
10	11 10:00 am Beating Strong: Heart Health Workshop Series 1:00 pm Happy Heart, Diabetes & Me	12 10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gender Journey Brant	13 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	14 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	15 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	16
17	18 10:00 am Beating Strong: Heart Health Workshop Series 1:00 pm Happy Heart, Diabetes & Me	19 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in	20 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	21 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	22 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	23
24	25 10:00 am Beating Strong: Heart Health Workshop Series 1:00 pm Happy Heart, Diabetes & Me	26 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gender Journey Brant	27 10:00 am Drop-in Outreach Clinic 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 2:00 pm Pre-Diabetes Workshop Series	28 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	29 9:30 am Breakfast Club	30

