

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:00 am Dance Fitness 10:00 am Let's Make Macramé 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	3 10:00 am Drop-in Outreach Clinic 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action	4 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm 2SLGBTQIA+ Community Connections	5 9:30 am Breakfast Club	6
7	8 1:00 pm Happy Heart, Diabetes & Me	9 10:00 am Let's Make Macramé 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	10 9:30 am Learn to Paint 10:00 am Drop-in Outreach Clinic 11:30 am Drop-in Outreach Clinic 1:00 pm Learn to Paint 1:30 pm Men in Action	11 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	12 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	13
14	15 9:30 am Notes & Beats 1:00 pm Happy Heart, Diabetes & Me	16 10:00 am Let's Make Macramé 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	17 9:30 am Learn to Paint 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Learn to Paint 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action	18 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	19 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	20
21	22 9:30 am Notes & Beats	23 10:00 am Let's Make Macramé 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gender Journey Brant 5:30 pm Gentle Yoga	24 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	25 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	26 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	27

28	29 9:30 am Notes & Beats	30				
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