

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 am Notes and Beats	3 10:00 am Let's Make Macrame 10:00 am Dance Fitness 10:00 am Basic Shelf Cooking Class 1:00 pm (Re)Discovering Your Body's Wisdom 5:00 pm Gentle Yoga 5:00 pm ID Clinic Drop-In	4 10:00 am Acting Up Adult Drama Group 11:00 am Easy Fit 1:30 pm Men in Action 3:00 pm ID Clinic Drop-in	5 10:00 am Dance Fitness 1:00 pm Stitch n' Chat 5:00 pm Let's Cook Together 6:00 pm Brantford Cabaret 6:00 pm 2SLGBTQIA+ Community Connections	6 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	7
8	9 10:00 am Notes and Beats	10 10:00 am Let's Make Macrame 10:00 am Dance Fitness 10:00 am Basic Shelf Cooking Class 1:00 pm (Re)Discovering Your Body's Wisdom 5:00 pm ID Clinic Drop-In 5:00 pm Gentle Yoga	11 10:00 am Acting Up Adult Drama Group 11:00 am Easy Fit 1:30 pm Men in Action 3:00 pm ID Clinic Drop-in	12 10:00 am Dance Fitness 1:00 pm Stitch n' Chat 5:00 pm Let's Cook Together 6:00 pm Brantford Cabaret 6:00 pm Gender Journey Brant	13 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	14
15	16 10:00 am Notes and Beats 1:00 pm Mood for Thought Education Group 1:00 pm Drop-in Paramedic Health Clinic 1:00 pm Happy Heart, Diabetes & Me	17 10:00 am Dance Fitness 1:00 pm (Re)Discovering Your Body's Wisdom 5:00 pm ID Clinic Drop-In 5:00 pm Gentle Yoga	18 10:00 am Acting Up Adult Drama Group 11:00 am Easy Fit 1:30 pm Men in Action 3:00 pm ID Clinic Drop-in	19 10:00 am Dance Fitness 1:00 pm Stitch n' Chat 5:00 pm Let's Cook Together 6:00 pm Brantford Cabaret 6:00 pm 2SLGBTQIA+ Community Connections	20 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	21
22	23 10:00 am Notes and Beats 1:00 pm Mood for Thought Education Group	24 10:00 am Let's Make Macrame 10:00 am Dance Fitness 1:00 pm	25 10:00 am Acting Up Adult Drama Group 11:00 am Easy Fit 1:30 pm Men in Action	26 10:00 am Dance Fitness 1:00 pm Stitch n' Chat 5:00 pm Let's Cook	27 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	28

	1:00 pm Drop-in Paramedic Health Clinic	(Re)Discovering Your Body's Wisdom 5:00 pm ID Clinic Drop-In 5:00 pm Gentle Yoga	3:00 pm ID Clinic Drop-in	Together 6:00 pm Brantford Cabaret 6:00 pm Gender Journey Brant 6:00 pm Gender Journey Brant		
29	30 10:00 am Notes and Beats 1:00 pm Mood for Thought Education Group 1:00 pm Drop-in Paramedic Health Clinic	31 10:00 am Let's Make Macrame 10:00 am Dance Fitness 1:00 pm (Re)Discovering Your Body's Wisdom 5:00 pm Gentle Yoga				

<https://calendar.grandriverchc.ca>