

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 am Dance Fitness 10:00 am Let's Make Macramé 10:30 am Easy Fit 1:00 pm National Seniors Day Event 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	2 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action	3 10:00 am Paramedic Health Drop-In Clinic 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm 2SLGBTQIA+ Community Connections 6:00 pm Brantford Cabaret	4 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 1:00 pm Let's Grow Your Garden 2:00 pm Sit Fit 3:00 pm Flavours of Brantford 2.0	5
6	7 9:30 am Notes & Beats 10:00 am Paramedic Health Drop-In Clinic 11:00 am Nutrition for Bone Health 3:00 pm Flavours of Brantford 2.0	8 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	9 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:30 pm Men in Action	10 10:00 am Paramedic Health Drop-In Clinic 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	11 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	12
13	14	15 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	16 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:00 pm Caring for My COPD Program Orientation 1:00 pm Let's P-aint Away 1:30 pm Men in Action	17 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 1:00 pm Drop-in Outreach Clinic 6:00 pm Brantford Cabaret	18 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit 3:00 pm Flavours of Brantford 2.0	19
20	21 9:30 am Notes & Beats 1:00 pm Paramedic Health Drop-In Clinic	22 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in	23 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:00 pm Learn to Paint	24 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n'	25 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit	26

	<p>1:00 pm Happy Heart, Diabetes and Me</p> <p>3:00 pm Flavours of Brantford 2.0</p>	<p>5:30 pm Gentle Yoga</p> <p>5:30 pm Gender Journey Brant</p>	<p>1:30 pm Men in Action</p>	<p>Chat</p> <p>1:00 pm Drop-in Outreach Clinic</p> <p>6:00 pm Brantford Cabaret</p>	<p>2:00 pm Sit Fit</p>	
27	<p>28</p> <p>9:30 am Notes & Beats</p> <p>11:00 am Power of Protein in Aging</p> <p>1:00 pm Paramedic Health Drop-In Clinic</p> <p>3:00 pm Flavours of Brantford 2.0</p>	<p>29</p> <p>10:00 am Dance Fitness</p> <p>10:30 am Easy Fit</p> <p>5:00 pm ID Clinic Drop-in</p> <p>5:30 pm Gentle Yoga</p>	<p>30</p> <p>9:45 am Acting Up Drama Group</p> <p>11:00 am Easy Fit</p> <p>1:00 pm Learn to Paint</p> <p>1:30 pm Men in Action</p>	<p>31</p> <p>10:00 am Dance Fitness</p> <p>11:00 am Learn to Knit</p> <p>1:00 pm Stitch n' Chat</p> <p>1:00 pm Drop-in Outreach Clinic</p>		

<https://calendar.grandriverchc.ca>