

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 5:00 pm Basic Shelf 6:00 pm Brantford Cabaret 6:00 pm 2SLGBTQIA+ Community Connections	3 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	4
5	6 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	7 10:00 am Let's Make Macramé 10:00 am Dance Fitness 10:30 am Easy Fit 11:30 am Bone Health Presentation 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	8 9:30 am Learn to Paint 10:00 am Drop-in Outreach Clinic 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Learn to Paint 1:00 pm Community Health and Wellbeing Open House Event	9 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	10 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	11
12	13	14 10:00 am Dance Fitness 10:00 am Let's Make Macramé 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	15 9:30 am Learn to Paint 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Caring for My COPD Program Orientation 1:00 pm Learn to Paint 1:30 pm Men in Action 3:00 pm Protein Power	16 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	17 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	18
19	20 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy	21 10:00 am Let's Make Macramé 10:00 am Dance Fitness	22 10:00 am Drop-in Outreach Clinic 11:00 am Easy Fit 11:30 am Drop-in	23 10:00 am Dance Fitness 11:00 am Learn to Knit	24 9:30 am Breakfast Club 11:00 am Dance Fitness	25

	Heart, Diabetes & Me	10:30 am Easy Fit 1:00 pm Kitchen Confidence 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	Outreach Clinic 1:30 pm Men in Action	1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	1:00 pm Easy Fit 2:00 pm Sit Fit	
26	27 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	28 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	29 9:30 am Belly Dancing with Tammy 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:30 pm Men in Action 3:00 pm Nutrition for Fatty Liver Disease	30 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	31 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	

<https://calendar.grandriverchc.ca>