

November 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|---|----------|
| | | | | | 1 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit | 2 |
| 3 | 4 9:30 am Notes & Beats 10:00 am Beating Strong: Heart Health Workshop 1:00 pm Paramedic Health Drop-In Clinic 3:00 pm Flavours of Brantford 2.0 | 5 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Flu Vaccine Clinic 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga | 6 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 | 7 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 2SLGBTQIA+ Community Connections 6:00 pm Brantford Cabaret | 8 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit | 9 |
| 10 | 11 9:30 am Notes & Beats 10:00 am Beating Strong: Heart Health Workshop 1:00 pm Paramedic Health Drop-In Clinic 3:00 pm Flavours of Brantford 2.0 | 12 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Flu Vaccine Clinic 5:00 pm ID Clinic Drop-in 5:30 pm Gender Journey Brant 5:30 pm Gentle Yoga | 13 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:30 pm Men in Action | 14 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret | 15 | 16 |
| 17 | 18 | 19 10:00 am Dance Fitness 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:30 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga | 20 9:45 am Acting Up Drama Group 11:00 am Easy Fit 1:00 pm Learn to Paint 1:30 pm World COPD Day Event 1:30 pm Men in Action | 21 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 1:00 pm Drop-in Outreach Clinic 2:00 pm Mind Body Wellness Group 6:00 pm Brantford | 22 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit | 23 |

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|----|--|--|---|---|--|
| | | | | Cabaret | |
| 24 | <p>25</p> <p>9:30 am Notes & Beats</p> <p>10:00 am Beating Strong: Heart Health Workshop</p> <p>1:00 pm Paramedic Health Drop-In Clinic</p> <p>3:00 pm Flavours of Brantford 2.0</p> | <p>26</p> <p>10:00 am Dance Fitness</p> <p>10:30 am Easy Fit</p> <p>12:00 pm Drop-in Outreach Clinic</p> <p>5:00 pm ID Clinic Drop-in</p> <p>5:30 pm Gender Journey Brant</p> <p>5:30 pm Gentle Yoga</p> | <p>27</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>28</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> <p>2:00 pm Mind Body Wellness Group</p> <p>6:00 pm Brantford Cabaret</p> | <p>29</p> <p>9:30 am Breakfast Club</p> <p>11:00 am Dance Fitness</p> <p>1:00 pm Easy Fit</p> <p>2:00 pm Sit Fit</p> |

<https://calendar.grandriverchc.ca>