

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	4 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	5 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	6 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	7 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	8
9	10 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	11 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 5:30 pm Gender Journey Brant	12 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	13 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	14 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	15
16	17 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	18 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	19 11:00 am Easy Fit 11:30 am Drop-in Outreach Clinic 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action	20 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	21 11:00 am Dance Fitness	22
23	24 9:30 am Notes & Beats 11:00 am Tai Chi	25 10:00 am Let's Make Macramé 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga 5:30 pm Gender Journey Brant	26 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	27 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	28 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	29
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