

# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 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	4 11:00 am Easy Fit 1:00 pm Caring for My COPD Program Orientation 1:30 pm Men in Action 3:00 pm Seasonal Craft "Make and Take" Workshop	5 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 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 9:30 am Notes & Beats 10:00 am Beating Strong: Heart Health Workshop 11:00 am Tai Chi 1:00 pm Paramedic Health Drop-In Clinic 3:00 pm Flavours of Brantford 2.0	10 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 5:30 pm Gender Journey Brant	11 11:00 am Easy Fit 1:30 pm Men in Action	12 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	13 9:30 am Breakfast Club 11:00 am Dance Fitness	14
15	16 9:30 am Notes & Beats 10:00 am Beating Strong: Heart Health Workshop 1:00 pm Paramedic Health Drop-In Clinic	17 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	18 11:00 am Easy Fit 1:00 pm Caring for My COPD Program Orientation 1:00 pm Learn to Paint 1:30 pm Men in Action	19 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	20 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	21
22	23	24	25	26	27 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	28
29	30	31				

