

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	2 10:00 am Let's Make Macramé 10:00 am Dance Fitness 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	3 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	4 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret 6:00 pm 2SLGBTQIA+ Community Connections	5 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	6
7	8 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	9 10:00 am Let's Make Macramé 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	10 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 3:30 pm Seasonal Crafts Make & Take	11 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	12 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	13
14	15 9:30 am Notes & Beats 11:00 am Tai Chi 1:00 pm Happy Heart, Diabetes & Me	16 10:00 am Let's Make Macramé 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	17 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	18 10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm Brantford Cabaret	19 9:30 am Breakfast Club 11:00 am Dance Fitness 1:00 pm Easy Fit 2:00 pm Sit Fit	20
21	22	23 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	24 11:00 am Easy Fit 1:30 pm Men in Action	25	26	27
28	29	30 10:30 am Easy Fit 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga	31 11:00 am Easy Fit 1:30 pm Men in Action			

