

January 2025

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

		5:30 pm Gentle Yoga			
26	27	28	29	30	31
	9:30 am Notes and Beats 10:00 am Pre-Diabetes Workshop 11:00 am Tai Chi	10:00 am Dance Fitness 10:00 am Let's Make Macramé 10:30 am Easy Fit 12:00 pm Drop-in Outreach Clinic 1:00 pm Kitchen Confidence 2:00 pm Expressive Arts Group 5:00 pm ID Clinic Drop-in 5:30 pm Gentle Yoga 5:30 pm Gender Journey Brant	11:00 am Easy Fit 1:00 pm Learn to Paint 1:30 pm Men in Action 2:00 pm Beating Strong: Heart Health Workshop 3:00 pm Flavours of Brantford	10:00 am Dance Fitness 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 1:00 pm Drop-in Outreach Clinic	9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit 3:00 pm Flavours of Brantford