

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Notes & Beats 1:00 Drop-in Service Navigation 1:00 Drop-in Paramedic Health Clinic	2 10:00 Dance Fitness 10:00 Basic Shelf 5:00 Gentle Yoga	3 11:00 Easy Fit 1:00 Caring for My COPD Program Orientation	4 10:00 Dance Fitness 11:00 Learn to Knit 1:00 Stitch n' Chat 6:00 2SLGBTQIA+ Community Connections	5 9:30 Breakfast Club 1:00 Easy Fit 1:00 Drop-in Service Navigation 2:00 Sit Fit	6
7	8 10:00 Notes & Beats 1:00 Drop-in Service Navigation 1:00 Drop-in Paramedic Health Clinic	9 10:00 Dance Fitness 10:00 Basic Shelf 5:00 Gentle Yoga 6:00 Gender Journey Brant	10 9:30 Acting Up Adult Drama Group 11:00 Easy Fit	11 10:00 Dance Fitness 11:00 Learn to Knit 1:00 Stitch n' Chat	12 9:30 Breakfast Club 1:00 Easy Fit 1:00 Drop-in Service Navigation 2:00 Sit Fit	13
14	15 10:00 Notes & Beats 1:00 Drop-in Service Navigation 1:00 Drop-in Paramedic Health Clinic	16 10:00 Dance Fitness 2:30 Mind and Body Wellness 5:00 Gentle Yoga	17 11:00 Easy Fit 1:00 Caring for My COPD Program Orientation 1:30 Men in Action	18 10:00 Dance Fitness 11:00 Learn to Knit 1:00 Stitch n' Chat	19 9:30 Breakfast Club 1:00 Easy Fit 1:00 Drop-in Service Navigation 2:00 Sit Fit	20
21	22 10:00 Notes & Beats 1:00 Drop-in Service Navigation 1:00 Drop-in Paramedic Health Clinic 1:00 Happy Heart, Diabetes and Me	23 10:00 Dance Fitness 10:00 Kitchen Confidence: Fish Tacos 2:30 Mind and Body Wellness 5:00 Gentle Yoga 6:00 Gender Journey Brant	24 11:00 Easy Fit 1:00 Learn to Paint 1:30 Men in Action	25 10:00 Dance Fitness 11:00 Learn to Knit 1:00 Stitch n' Chat	26 9:30 Breakfast Club 1:00 Easy Fit 1:00 Drop-in Service Navigation 2:00 Sit Fit	27
28	29 10:00 Notes & Beats 1:00 Drop-in Service Navigation 1:00 Drop-in Paramedic Health Clinic	30 10:00 Dance Fitness 10:00 Kitchen Confidence: Sheet Pan 2:30 Mind and Body Wellness 5:00 Gentle Yoga				