

# May 2024

| Sunday | Monday                                                                                                                                                                | Tuesday                                                                                                                                        | Wednesday                                                                                                          | Thursday                                                                                                        | Friday                                                                                                            | Saturday |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------|
|        |                                                                                                                                                                       |                                                                                                                                                | 1<br>11:00 Easy Fit<br>1:00 Caring for My COPD Program Orientation<br>1:30 Men in Action<br>2:30 Naloxone Training | 2<br>10:00 Dance Fitness<br>11:00 Learn to Knit<br>1:00 Stitch n' Chat<br>6:00 2SLGBTQIA+ Community Connections | 3<br>9:30 Breakfast Club<br>11:00 Jane's Walk<br>1:00 Easy Fit<br>1:00 Drop-in Service Navigation<br>2:00 Sit Fit |          |
| 5      | 6<br>10:00 Notes & Beats<br>1:00 Drop-in Service Navigation<br>1:00 Drop-in Paramedic Health Clinic<br>3:00 Lifestyle Management for Fatty Liver Disease Presentation | 7<br>10:00 Kitchen Confidence 101: Pizza<br>10:00 Dance Fitness<br>5:00 Gentle Yoga<br>5:00 ID Clinic Drop-in                                  | 8<br>11:00 Easy Fit<br>1:30 Men in Action                                                                          | 9<br>10:00 Dance Fitness<br>11:00 Learn to Knit<br>1:00 Stitch n' Chat                                          | 10<br>9:30 Breakfast Club<br>1:00 Easy Fit<br>1:00 Drop-in Service Navigation<br>2:00 Sit Fit                     | 11       |
| 12     | 13<br>10:00 Notes & Beats<br>1:00 Drop-in Service Navigation<br>1:00 Drop-in Paramedic Health Clinic                                                                  | 14<br>10:00 Dance Fitness<br>10:00 Kitchen Confidence 101: Crockpot<br>5:00 Gentle Yoga<br>5:00 ID Clinic Drop-in<br>6:00 Gender Journey Brant | 15<br>11:00 Easy Fit<br>1:00 Caring for My COPD Program Orientation<br>1:30 Men in Action                          | 16<br>10:00 Dance Fitness<br>11:00 Learn to Knit<br>1:00 Stitch n' Chat                                         | 17<br>9:30 Breakfast Club<br>1:00 Easy Fit<br>1:00 Drop-in Service Navigation<br>2:00 Sit Fit                     | 18       |
| 19     | 20                                                                                                                                                                    | 21<br>10:00 Dance Fitness<br>5:00 Gentle Yoga<br>5:00 ID Clinic Drop-in                                                                        | 22<br>11:00 Easy Fit<br>1:00 Learn to Paint<br>1:30 Men in Action                                                  | 23<br>10:00 Dance Fitness<br>11:00 Learn to Knit<br>1:00 Stitch n' Chat                                         | 24<br>9:30 Breakfast Club<br>1:00 Easy Fit<br>1:00 Drop-in Service Navigation<br>2:00 Sit Fit                     | 25       |
| 26     | 27<br>10:00 Notes & Beats<br>1:00 Happy Heart, Diabetes and Me<br>1:00 Drop-in Service Navigation<br>1:00 Drop-in Paramedic Health Clinic                             | 28<br>10:00 Dance Fitness<br>10:00 Basic Shelf<br>5:00 ID Clinic Drop-in<br>5:00 Gentle Yoga<br>6:00 Gender Journey Brant                      | 29<br>11:00 Easy Fit<br>1:00 Learn to Paint<br>1:30 Men in Action                                                  | 30<br>10:00 Dance Fitness<br>11:00 Learn to Knit<br>1:00 Stitch n' Chat                                         | 31<br>9:30 Breakfast Club<br>1:00 Easy Fit<br>1:00 Drop-in Service Navigation<br>2:00 Sit Fit                     |          |

