

September 2025



August '25						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

October '25						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

BRIGHTON SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 LABOUR DAY CCN CLOSED	2	3 10:00 Chair Yoga - CS	4 10:00 Men's Social Group - O 1:00 Time for Us	5 10:00 SCWW Trivia	6
7	8 10:00 Chair Yoga - CS	9	10 10:00 Chair Yoga - CS	11 10:00 Men's Social Group - O 1:00 Time for Us	12 10:00 SCWW Trivia	13
14	15 9:30 Yoga - O 10:00 Chair Yoga - CS 10:45 Pilates - O	16 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O	17 9:30 Watercolour Flowers - O 10:00 Chair Yoga - CS 2:00 Chair Yoga - O	18 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y	19 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Sunflower Blowout - O	20
21	22 9:30 Yoga - O 10:00 Chair Yoga - CS 10:45 Pilates - O	23 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O	24 10:00 Chair Yoga - CS 2:00 Chair Yoga - O	25 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y	26 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:00 Royal Afternoon Tea - O	27
28	29 9:30 Yoga - O 10:00 Chair Yoga - CS 10:45 Pilates - O 1:30 The Buzz - O	30 9:00 Stretch & Strengthen - O 12:00 Zumba - O 2:00 Chair Yoga - O	1	2	3	4
5	6	Notes Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca . Local Legend - ENSS (E) Brighton YMCA (Y) Community Care Office (O) Codrington Community Centre (CC) Castleton Town Hall (CS)				