

January 2026



CommunityCare
NORTHUMBERLAND

December '25

S	M	T	W	T	F	S
	1	2	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			

February '26

S	M	T	W	T	F	S
1	2	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

BRIGHTON SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 NEW YEARS DAY CCN CLOSED	2 10:00 SCWW Trivia	3
4	5 6:00 Walking Club - E	6 6:00 Walking Club - E	7 6:00 Walking Club - E	8 10:00 Men's Social Group - O 1:00 Time for Us - O 6:00 Walking Club - E	9 10:00 SCWW Trivia	10
11	12 10:00 Chair Yoga - CS 6:00 Walking Club - E	13 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 6:00 Walking Club - E	14 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	15 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	16 9:30 Chair Yoga - O 10:00 SCWW Trivia	17
18	19 10:00 Chair Yoga - CS 6:00 Walking Club - E	20 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	21 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	22 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	23 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Whale Tail - O	24
25	26 10:00 Chair Yoga - CS 1:30 The Buzz - O 6:00 Walking Club - E	27 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	28 9:30 Polar Bear Gazing - O 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	29 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	30 9:30 Chair Yoga - O 10:00 SCWW Trivia	31
1	2	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) Castleton Town Hall (CS) Codrington Community Centre (CC)				