

January 2026

TRENT HILLS SCHEDULE



Community Care
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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 NEW YEARS DAY CCN CLOSED	2 10:00 SCWW Trivia 11:00 Aerobics - N	3
4	5 10:00 Flex & Balance- N	6 10:00 Abs, Etc. - N	7	8	9 10:00 SCWW Trivia 11:00 Aerobics - N	10
11	12 10:00 Flex & Balance- N 10:00 Floor Yoga - M	13 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	14	15 10:00 Line Dancing - F	16 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	17
18	19 10:00 Flex & Balance- N 10:00 Floor Yoga - M	20 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	21	22 10:00 Line Dancing - F	23 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	24
25	26 10:00 Flex & Balance- N 10:00 Floor Yoga - M	27 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP	28	29 10:00 Line Dancing - F Star Gazing - CR 10:30 Polar Bear	30 10:00 SCWW Trivia 10:30 Chair Yoga - CL 11:00 Aerobics - N	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 . Legend: Campbellford Rotary Hall (CR) New start Fitness (N) Hastings (H) Forest Dennis Centre (F) Camp. Legion (CLL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Camp. Library (CL) St Andrew's Prebyterian Church Warkworth (W) 21 Ranney St. N. Camp. (P) CCN Office (CO) Saint Johns United Church (SC) Camp. Lawn Bowling Club (L) Trent Hills Martial Arts 27B Front St. S. (M)				