

July 2024



Community Care
NORTHUMBERLAND

June '24							August '24							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
						30								

CAMPBELLFORD SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 CANADA DAY CCN CLOSED	2 9:00 Walking Club - S 10:00 Abs, Etc. - N 12:30 Aqua Fit - CTP 2:30 SCWW Fun Facts	3	4 12:30 Aqua Fit - CTP	5 10:00 SCWW Trivia 11:00 Aerobics - N	6
7	8 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP 10:30 SCWW Bingo	9 9:00 Walking Club - S 10:00 Abs, Etc. - N 12:30 Aqua Fit - CTP 2:30 SCWW Fun Facts	10	11 12:30 Aqua Fit - CTP	12 10:00 SCWW Trivia 11:00 Aerobics - N	13
14	15 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP	16 9:00 Walking Club - S 10:00 Abs, Etc. - N 12:30 Aqua Fit - CTP 2:30 SCWW Fun Facts	17	18 12:30 Aqua Fit - CTP	19 10:00 SCWW Trivia 11:00 Aerobics - N	20
21	22 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP 10:30 SCWW Bingo	23 9:00 Walking Club - S 10:00 Abs, Etc. - N 12:30 Aqua Fit - CTP 2:30 SCWW Fun Facts	24	25 12:30 Aqua Fit - CTP 1:00 Garden Swap - OMP	26 10:00 SCWW Trivia 11:00 Aerobics - N	27
28	29 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP	30 9:00 Walking Club - S 10:00 Abs, Etc. - N 12:30 Aqua Fit - CTP 2:30 SCWW Fun Facts	31	1	2	3
4	5	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 entre (F) Campbellford Legion (CL) Trent Hills Library (THL) Suspension Bridge Entrance (S) Hastings Victoria Place (HVP) Along Trent Rier (TR) Above Campbellford Town Pool (CP) Camp. Town Pool (CTP) Old Mill Park (OMP)				