

June 2024



Community Care
NORTHUMBERLAND

May '24						
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	

July '24						
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			

CAMPBELLFORD SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:30 Chair Yoga - CL	4 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	5 9:30 Mat Pilates - CR 10:00 Learn to Lawn Bowl - TC	6	7 10:00 SCWW Trivia 11:00 Aerobics - N	8
9	10 10:00 Flex & Balance- N 10:30 SCWW Bingo 10:00 Outdoor Yoga - CP	11 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	12 9:30 Mat Pilates - CR 10:00 Learn to Lawn Bowl - TC	13	14 10:00 SCWW Trivia 11:00 Aerobics - N	15
16	17 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP	18 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	19 10:00 Learn to Lawn Bowl - TC	20	21 10:00 SCWW Trivia 11:00 Aerobics - N	22
23	24 10:00 Flex & Balance- N 10:00 Outdoor Yoga - CP 10:30 SCWW Bingo	25 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	26 9:30 Mat Pilates - CR 10:00 Learn to Lawn Bowl - TC	27 1:00 Garden Swap - OMP	28 10:00 SCWW Trivia 11:00 Aerobics - N	29
30	1	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)				