

March 2026

BRIGHTON SCHEDULE



CommunityCare
NORTHUMBERLAND

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

April '26						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:00 Walking Club - E	3 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	4 2:00 Chair Yoga - O 6:00 Walking Club - E	5 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	6 9:30 Chair Yoga - O 10:00 SCWW Trivia	7
8	9 6:00 Walking Club - E	10 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	11 2:00 Chair Yoga - O 6:00 Walking Club - E	12 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	13 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Watercolour Flower - O	14
15	16	17 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O	18 2:00 Chair Yoga - O	19 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y	20 9:30 Chair Yoga - O 10:00 SCWW Trivia	21
22	23 6:00 Walking Club - E	24 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	25 9:30 Highland Cows - O 2:00 Chair Yoga - O 6:00 Walking Club - E	26 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	27 9:30 Chair Yoga - O 10:00 SCWW Trivia	28
29	30 1:30 The Buzz - O 6:00 Walking Club - E	31 9:00 Stretch & Strengthen - O 12:15 Zumba Gold - O 2:00 Chair Yoga - O 6:00 Walking Club - E	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) Castleton Town Hall (CS) Codrington Community Centre (CC) https://www.vertex42.com/calendars/				