

November 2024

BRIGHTON SCHEDULE



October '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		

December '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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 9:30 Chair Yoga - O 10:00 SCWW Trivia	2
3	4 9:30 Floor Yoga - O 10:00 Chair Yoga - CS 10:45 Mat Pilates - O 2:00 Zumba Gold - O 6:00 Walking Club - E	5 9:00 Stretch & Strengthen - O 1:00 Chair Yoga - CC 2:00 Chair Yoga - O 2:30 SCWW Fun Facts 2:30 Line Dancing - CC 6:00 Walking Club - E	6 2:00 Chair Yoga - O 6:00 Walking Club - E	7 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	8 9:30 Chair Yoga - O 10:00 SCWW Trivia	9
10	11 9:30 Floor Yoga - O 10:30 SCWW Bingo 10:45 Mat Pilates - O 2:00 Zumba Gold - O 6:00 Walking Club - E	12 9:00 Stretch & Strengthen - O 1:00 Chair Yoga - CC 2:00 Chair Yoga - O 2:30 SCWW Fun Facts 2:30 Line Dancing - CC 6:00 Walking Club - E	13 10:30 SCWW Bingo 2:00 Chair Yoga - O 6:00 Walking Club - E	14 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	15 9:30 Chair Yoga - O 10:00 SCWW Trivia	16
17	18 9:30 Floor Yoga - O 10:45 Mat Pilates - O 2:00 Zumba Gold - O 6:00 Walking Club - E	19 9:00 Stretch & Strengthen - O 1:00 Chair Yoga - CC 2:00 Chair Yoga - O 2:30 SCWW Fun Facts 2:30 Line Dancing - CC 6:00 Walking Club - E	20 9:30 Art Class - O 2:00 Chair Yoga - O 6:00 Walking Club - E	21 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	22 9:30 Chair Yoga - O 10:00 SCWW Trivia	23
24	25 9:30 Floor Yoga - O 10:30 SCWW Bingo 10:45 Mat Pilates - O 1:30 The Buzz - O 6:00 Walking Club - E	26 9:00 Stretch & Strengthen - O 1:00 Chair Yoga - CC 2:00 Chair Yoga - O 2:30 SCWW Fun Facts 2:30 Line Dancing - CC 6:00 Walking Club - E	27 2:00 Chair Yoga - O 6:00 Walking Club - E 6:00 Card Making - O	28 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	29 9:30 Chair Yoga - O 10:00 SCWW Trivia	30
1	2	<p>Notes</p> <p>Classes are subject to change due to instructor availability. To register please call 1-866-514-5774 or email wellness@commcare.ca.</p> <p>Local Legend - ENSS (E) Brighton YMCA (Y) Community Care Office (O) Codrington Community Centre (CC) Castleton Town Hall (CS)</p> <p>Calendar Templates by Vertex42 https://www.vertex42.com/calendars/</p>				