

# October 2024

## BRIGHTON SCHEDULE



| September '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 |    |    |    |    |    |

| November '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  |

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