

December 2024



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

BRIGHTON SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 Floor Yoga - O 10:45 Mat Pilates - O 2:00 Zumba Gold - O 6:00 Walking Club - E	3 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	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 11:00 Foot Care Clinic - O	7
8	9 9:30 Floor Yoga - O 10:45 Mat Pilates - O 10:30 SCWW Bingo 6:00 Walking Club - E	10 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Fun Facts 6:00 Walking Club - E	11 6:00 Walking Club - E	12 10:00 Men's Social Group - O 1:00 Time for Us 6:00 Walking Club - E	13 10:00 SCWW Trivia 12:30 Acrylic Pour Xmas Ornaments - O	14
15	16 6:00 Walking Club - E	17 2:30 SCWW Fun Facts 6:00 Walking Club - E	18	19 10:00 Men's Social Group - O 1:00 Time for Us	20 10:00 SCWW Trivia	21
22	23 10:30 SCWW Bingo	24 2:30 SCWW Fun Facts	25 CHRISTMAS DAY CCN CLOSED	26 BOXING DAY CCN CLOSED	27 10:00 SCWW Trivia	28
29	30	31 2:30 SCWW Fun Facts	1	2	3	4
5	6	<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>				