

December 2024

TRENT HILLS SCHEDULE



CommunityCare
NORTHUMBERLAND

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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 1:30 Chair Yoga - CL	3 9:00 Walking Club - S 9:00 Meditation & Mindfulness - CR 10:00 Abs, Etc. - N 10:00 Easy Moves - CR 10:30 Chair Yoga - VHP 2:30 SCWW Fun Facts	4 9:30 Mat Pilates - CR 10:00 Line Danicng - H	5 10:00 Line Dancing - F	6 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	7
8	9 10:00 Flex & Balance- N 10:00 Floor Yoga - CR 10:30 SCWW Bingo 1:00 XMAS Floral Workshop - CR 1:30 Chair Yoga - CL	10 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	11 9:30 Mat Pilates - CR	12	13 10:00 SCWW Trivia 10:00 Chair Yoga - THL 11:00 Aerobics - N	14
15	16 10:00 Flex & Balance- N 10:00 Floor Yoga - CR	17 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	18	19 1:00 Book Club - CO	20 10:00 SCWW Trivia 11:00 Aerobics - N	21
22	23 10:00 Flex & Balance- N 10:30 SCWW Bingo	24 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	25 CHRISTMAS DAY CCN CLOSED	26 BOXING DAY CCN CLOSED	27 10:00 SCWW Trivia 11:00 Aerobics - N	28
29	30 10:00 Flex & Balance- N	31 9:00 Walking Club - S 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	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 . 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) Camp. CCN Office (CO)				