

January 2025

BRIGHTON SCHEDULE



Community Care
NORTHUMBERLAND

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 NEW YEARS DAY CCN CLOSED	2	3 10:00 SCWW Trivia	4
5	6 10:00 Chair Yoga - CS 2:00 Zumba Gold - O 6:00 Walking Club - E	7 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	8 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	9 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	10 9:30 Chair Yoga - O 10:00 SCWW Trivia	11
12	13 10:00 Chair Yoga - CS 10:30 SCWW Bingo 2:00 Zumba Gold - O 6:00 Walking Club - E	14 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	15 10:00 Chair Yoga - CS 10:00 Self-Guided Jewellery Making - O 2:00 Chair Yoga - O 6:00 Walking Club - E	16 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	17 9:30 Chair Yoga - O 10:00 SCWW Trivia	18
19	20 10:00 Chair Yoga - CS 2:00 Zumba Gold - O 6:00 Walking Club - E	21 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	22 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	23 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	24 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Northern Lights Acrylic Pour - O	25
26	27 10:00 Chair Yoga - CS 10:30 SCWW Bingo 1:30 The Buzz - O 6:00 Walking Club - E	28 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	29 10:00 Chair Yoga - CS 10:00 DIY Macrame Plant Hanger - O 2:00 Chair Yoga - O 6:00 Walking Club - E	30 10:00 Men's Social Group - O 1:00 Time for Us - O 1:00 Cardio Fit - Y 6:00 Walking Club - E	31 9:30 Chair Yoga - O 10:00 SCWW Trivia	1
2	3	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)				