

January 2025

TRENT HILLS SCHEDULE



Community Care
NORTHUMBERLAND

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
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29	30	31				

February '25						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 NEW YEARS DAY CCN CLOSED	2	3 10:00 SCWW Trivia 11:00 Aerobics - N	4
5	6 10:00 Flex & Balance- N 10:00 Chair Yoga - SC 10:00 Floor Yoga - CR	7 10:00 Abs, Etc. - N 2:30 SCWW Fun Facts	8	9	10 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	11
12	13 10:00 Flex & Balance- N 10:00 Chair Yoga - SC 10:00 Floor Yoga - CR 10:30 SCWW Bingo	14 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	15	16	17 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	18
19	20 10:00 Flex & Balance- N 10:00 Chair Yoga - SC 10:00 Floor Yoga - CR	21 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	22	23 1:00 Snowy Mason Jar Workshop - CR	24 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	25
26	27 10:00 Flex & Balance- N 10:00 Chair Yoga - SC 10:00 Floor Yoga - CR 10:30 SCWW Bingo	28 10:00 Abs, Etc. - N 10:30 Chair Yoga - HVP 2:30 SCWW Fun Facts	29	30 1:00 Book Club - CO	31 10:00 SCWW Trivia 10:30 Chair Yoga - THL 11:00 Aerobics - N	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. 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) Saint Johns United Church (SC)				