

February 2025

BRIGHTON SCHEDULE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:00 Chair Yoga - CS 2:00 Zumba Gold - O 6:00 Walking Club - E	4 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	5 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	6 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E 6:00 Card Making - O	7 9:30 Chair Yoga - O 10:00 SCWW Trivia	8
9	10 10:00 Chair Yoga - CS 10:30 SCWW Bingo 2:00 Zumba Gold - O 6:00 Walking Club - E	11 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	12 9:30 Spring Flower Workshop - O 10:00 Chair Yoga - CS 2:00 Chair Yoga - O 6:00 Walking Club - E	13 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	14 9:30 Chair Yoga - O 10:00 SCWW Trivia	15
16	17 FAMILY DAY CCN CLOSED	18 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	19 2:00 Chair Yoga - O 6:00 Walking Club - E	20 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	21 9:30 Chair Yoga - O 10:00 SCWW Trivia	22
23	24 10:30 SCWW Bingo 1:30 the Buzz - O 6:00 Walking Club - E	25 9:00 Stretch & Strengthen - O 2:00 Chair Yoga - O 2:30 SCWW Trivia 6:00 Walking Club - E	26 2:00 Chair Yoga - O 6:00 Walking Club - E	27 10:00 Men's Social Group - O 1:00 Time for Us 1:00 Cardio Fit - Y 6:00 Walking Club - E	28 9:30 Chair Yoga - O 10:00 SCWW Trivia 12:30 Necklace Pendant Pour - O	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)				