

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 10:00 am Summer Raffle 10:15 am Community Care: Bodies in Balance 11:00 am Community Care: Chair Yoga 1:00 pm Community Care: Euchre Club - Progressive Drop in 8:00 pm Come Down from Up River	4 11:15 am Chair (and Brain) Yoga at The River Den, Isabel Morris Park, Lakefieldddd	5 9:00 am Community Care: Zumba Gold 10:15 am Community Care: Chair Yoga Dance 11:30 am Community Care: Chair Yoga 8:00 pm Desperate to be Doris	6 9:00 am Community Care: Zumba Toning 8:00 pm Desperate to be Doris	7 8:00 am Desperate to be Doris 12:00 pm LAWS Doggie Dash 2025: Raising funds for Lakefield Animal Welfare Society 1:00 pm Doggie Dash 2025
8 10:00 am Summer Raffle	9	10 10:15 am Community Care: Bodies in Balance 11:00 am Community Care: Chair Yoga 1:00 pm Community Care: Euchre Club - Progressive Drop in	11 10:30 am Community Care: Wellness Café – Understanding Blood Pressure with Melissa McNamara from Ontario Health at Home 11:15 am Chair (and Brain) Yoga at The River Den, Isabel Morris Park, Lakefieldddd	12 9:00 am Community Care: Zumba Gold 10:15 am Community Care: Chair Yoga Dance 11:00 am Home Energy and EV Expo 11:30 am Community Care: Chair Yoga	13 9:00 am Community Care: Zumba Toning 10:00 am Summer Raffle 8:00 pm Girls Nite Out	14
15	16	17 10:15 am Community Care: Bodies in Balance 11:00 am Community Care: Chair Yoga 1:00 pm Community Care: Euchre Club - Progressive Drop in	18 10:00 am Summer Raffle	19 9:00 am Community Care: Zumba Gold 10:15 am Community Care: Chair Yoga Dance 11:30 am Community Care: Chair Yoga	20 9:00 am Community Care: Zumba Toning 7:00 pm Summer Solstice ~ Sound & Sensory Journey (Bridgenorth, Selwyn Township)	21 5:00 pm Jude's Joy: Pasta for the Playground
22	23 10:00 am Summer Raffle	24 10:15 am Community Care: Bodies in Balance 11:00 am Community Care: Chair Yoga 1:00 pm Community Care: Euchre Club - Progressive Drop in	25 8:00 pm Come Down from Up River	26 9:00 am Community Care: Zumba Gold 10:15 am Community Care: Chair Yoga Dance 11:30 am Community Care: Chair Yoga 8:00 pm Come Down from Up River	27 9:00 am Community Care: Zumba Toning 8:00 pm Come Down from Up River	28 10:00 am Summer Raffle 2:00 pm Come Down from Up River 8:00 pm Come Down from Up River

