

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 1:00 pm Regular Council Meeting	12 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	13 9:00 am Gentle Chair Stretch - Community Care Event 9:45 am Coffee and Conversation 10:00 am Millbrook Community Care - Bodies in Balance 11:00 am Community Care: Advanced Cardio and Weights	14	15	16
17	18	19 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	20 9:00 am Gentle Chair Stretch - Community Care Event 9:45 am Coffee and Conversation 10:00 am Millbrook Community Care - Bodies in Balance 11:00 am Community Care: Advanced Cardio and Weights	21	22	23 9:00 am Millbrook BIA: Sidewalk Sale
24	25	26 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	27 9:00 am Gentle Chair Stretch - Community Care Event 9:45 am Coffee and Conversation 10:00 am Millbrook Community Care - Bodies in Balance 11:00 am Community Care: Advanced Cardio and Weights 4:00 pm Public Information Centre: Municipal Class Environmental Assessment and Preliminary Design, County Road 10,	28	29	30

			Millbrook ON			
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