

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1:00 pm Regular Council Meeting	4 10:00 am Millbrook Community Care - Line Dancing 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen 6:30 pm Peterborough Green Up - All about Heat Pumps	5 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 4:30 pm Community Turkey Dinner: St Thomas' Anglican Church	6	7 1:00 pm Living a Healthy Life With Diabetes	8 2:30 pm Try Curling
9	10	11 10:00 am Millbrook Community Care - Line Dancing 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	12 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	13	14 1:00 pm Living a Healthy Life With Diabetes	15
16	17 1:00 pm Regular Council Meeting	18 9:00 am Understanding Food Labels 10:00 am Millbrook Community Care - Line Dancing 10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	19 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	20	21	22
23	24	25 10:00 am Millbrook Community Care - Line Dancing	26 9:00 am Gentle Chair Stretch - Community Care	27	28	29 1:00 pm Repair Cafe and Clothing

		10:45 am Coffee and Conversation 12:00 pm Community Care: Mat - Stretch and Strengthen	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			Swap
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<https://calendar.cavanmonaghan.net>