

2023

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	02
03	04 CLOSED Stat Holiday Labour Day	05 Youth Seaparc 7-8:15 PM	06 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	07 Fun Day Event 4-8:00 PM	08 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	09 Mini Wellness Day 9:30-3:00 PM
10	11 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	12 Youth Seaparc 7-8:15 PM	13 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	14	15 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	16
17	18 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM Pro D Day Hike 9 AM -3 PM	19 Youth Seaparc 7-8:15 PM	20 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	21	22 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	23
24	25 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	26 Book Read & Craft 5-6 PM	27 Rise & Shine Fitness 6-7 AM Community Dinner 5-7:00 PM	28	29 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	30 Stat Holiday National Day for Truth and Reconciliation
01	02	03	04	05	06	07