

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 am Canada Day Office Closure	2	3	4
5	6 10:00 am YAH Stretch, Strength, Stillness	7	8	9	10	11
12	13 10:00 am YAH Stretch, Strength, Stillness	14	15	16	17	18
19	20 10:00 am YAH Stretch, Strength, Stillness	21	22	23	24	25
26	27 10:00 am YAH Stretch, Strength, Stillness	28	29 9:30 am YAH Music Morning	30	31 8:00 am 2nd Quarter & Monthly Utility Bills Due	