



September 2022 Calendar

Georgian Bay Cancer Support Centre

45 Edward Street Penetanguishene ON

705-549-6444

kvanderzanden@gbcancersupportcentre.ca

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Legend: Online Programs and Services ○ Programs and Services – Hybrid options available △ Programs and Services – In person only (no symbol) | | | 1 | 2 |
| 5 Centre Closed for Long Weekend | 6 △ Chair Yoga – 1:30pm | 7 Journey of Hope Support Group-11am Card Making – 1pm △ | 8 Wooly Works Craft Class –10am ○ Yoga Nidra – 7pm | 9 Chicory Bloom Walk - 10am Smudging and Teachings – 11am |
| 12 Women’s Support Group – 1pm Journalling and Writer’s Group – 2:45pm | 13 △ Chair Yoga – 1:30pm Member Advisory Committee Meeting – 3pm ○ | 14 Card Making – 1pm Lymphedema Care and Massage – 1pm △ Men’s Support Group – 7pm | 15 △ Stretch and Tone – 11am ○ Riding the Wave to Find True Happiness Education Session – 1pm | 16 Seated Massage – 1pm |
| 19 Book Club – 2pm | 20 Cancer Related Fatigue – Tips to Improve Energy – 11am ○ △ Chair Yoga – 1:30pm | 21 △ Journey of Hope Support Group - 11am Card Making – 1pm | 22 Wooly Works Craft Class – 10am △ Anishinaabe Mino’ayawiin Indigenous Support Group – 1pm ○ Yoga Nidra – 7pm | 23 Soil as Antidepressant – 10am Smudging and Teachings – 11am |
| 26 Women’s Support Group – 1pm Journalling and Writer’s Group – 2:45pm | 27 △ Chair Yoga – 1:30pm | 28 Card Making – 1pm △ Men’s Support Group – 7pm | 29 △ Stretch and Tone – 11am | 30 National Day for Truth and Reconciliation Wild Rosehips and Your Health – 10am ○ Quieting your Mind to Promote Intuitive Self Care – 11am |

To register for a session, contact Krista:
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 705-549-6444 ext 203