



November 2022 Calendar

Georgian Bay Cancer Support Centre

45 Edward Street Penetanguishene ON

705-549-6444

info@gbcancersupportcentre.ca

Monday	Tuesday	Wednesday	Thursday	Friday
31 Book Club – 2pm	1 △ Chair Yoga – 1:30pm	2 △ Journey of Hope Support Group-11am Card Making–1pm Superficial Lymphatic Drainage-1pm	3 △ Stretch and Tone – 11am △ Yoga Nidra – 7pm (Hearth Place)	4 Forest Therapy-10 am Trees and Our Natural Killer Cells
Book Club – 2pm	8 △ Chair Yoga – 1:30pm	9 Card Making – 1pm Men's △ Support Group – 7pm	10 Wooly Works Craft Class –10am Look Good Feel Better-1pm ○ Yoga Nidra – 7pm	11 Smudging and Teachings – 11am
14 Women's Support Group-1pm Journaling and Writer's Group-2:45	15 △ Chair Yoga – 1:30pm	16 △ Journey of Hope Support Group-11am Card Making – 1pm	Stretch and Tone △ Anishnaabe Mino'ayawiin Indigenous Support Group ○ Yoga Nidra (Hearth Place) – 7pm	18 Creative Art and Your Health: Forest Therapy – 10am Halloween Craft Workshop – 1pm
Book Club – 2pm	22 △ Chair Yoga – 1:30pm	23 Card Making – 1pm Men's △ Support Group – 7pm	24 Wooly Works Craft Class – 10am Yoga Nidra – 7pm ○	25 Quieting the Mind to Promote Intuitive Self Care – 11am ○ Smudging and Teachings – 11am
28 Women's Support Group – 1pm Journalling and Writer's Group – 2:45pm	29 △ Chair Yoga – 1:30pm	30		
Legend: Online Programs and Services ○ Programs and Services – Hybrid options available △ Programs and Services – In person only (no symbol)				

To register for a session, contact:

info@gbcancersupportcentre.ca

705-549-6444 ext 203