

Collingwood Calendar

JANUARY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.7 @12:00pm Soup for the Soul pg.6 @12:30pm	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Living with Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Caregivers' Support Group pg.4 @6:00pm	Body Balance (Virtual) pg.6 @1:30pm Journey of Hope Support Group pg.4 @4:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
12	13	14	15	16
Knitting & Crocheting with Friends pg.5 @10:00am	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Game Time pg.6 @2:00pm Men's Support Group pg.4 @4:30pm	Social Hour pg.6 @1:00pm Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
19	20	21	22	23
Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.7 @12:00pm Soup for the Soul pg.6 @12:30pm	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Living with Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Caregivers' Support Group pg.4 @6:00pm	Body Balance (Virtual) pg.6 @1:30pm Journey of Hope Support Group pg.4 @4:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
26	27	28	29	30
Knitting & Crocheting with Friends pg.5 @10:00am	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Men's Support Group pg.4 @4:30pm	New Member Orientation @10:00am Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm

Collingwood Calendar

FEBRUARY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Knitting & Crocheting with Friends pg.5 @10:00am Member Connect Forum pg.7 @12:00pm Soup for the Soul pg.6 @12:30pm	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Living with Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Caregivers' Support Group pg.4 @6:00pm	Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
9	10	11	12	13
Knitting & Crocheting with Friends pg.5 @10:00am	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Game Time pg.6 @2:00pm Men's Support Group pg.4 @4:30pm	Body Balance (Virtual) pg.6 @1:30pm Journey of Hope Support Group pg.4 @4:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
16	17	18	19	20
The Centre is CLOSED <i>Family Day</i>	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Living with Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Caregivers' Support Group pg.4 @6:00pm	Social Hour pg.6 @1:00pm Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
23	24	25	26	27
Knitting & Crocheting with Friends pg.5 @10:00am	Quilting & Crafts with Denise pg.5 @10:00am Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @10:00am Men's Support Group pg.4 @4:30pm	Body Balance (Virtual) pg.6 @1:30pm Journey of Hope Support Group pg.4 @4:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm