

# Collingwood Calendar

MARCH 2026

MARCH 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am <b>Cancer Talks</b> pg.7 @12:00pm <b>Soup for the Soul</b> pg.6 @12:30pm	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Reiki</b> pg.3 @1:00pm @2:00pm <b>Men's Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am <b>Cancer Talks</b> pg.7 @12:00pm <b>Soup for the Soul</b> pg.6 @12:30pm	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Men's Support Group</b> pg.4 @4:00pm	<b>New Member Connect</b> pg.6 @10:00am <b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>30</b>	<b>31</b>			
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm			

# Collingwood Calendar

APRIL 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<i>Cancer Awareness Month</i>				1		2		3	
				<b>Yoga for Breast Cancer</b> (Virtual) pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance</b> (Virtual) pg.6 @1:30pm <b>Yoga Nidra</b> (Virtual) pg.7 @7:00pm	The Centre is CLOSED <i>Good Friday</i>			
6		7		8		9		10	
The Centre is CLOSED <i>Easter Monday</i>		<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga</b> (Virtual) pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer</b> (Virtual) pg.6 @9:45am <b>Reiki</b> pg.3 @1:00pm @2:00pm <b>Men's Support Group</b> pg.4 @4:00pm	<b>Body Balance</b> (Virtual) pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra</b> (Virtual) pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm				
13		14		15		16		17	
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am		<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga</b> (Virtual) pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer</b> (Virtual) pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance</b> (Virtual) pg.6 @1:30pm <b>Yoga Nidra</b> (Virtual) pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm				
20		21		22		23		24	
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00pm <b>Member Connect Forum</b> pg.2 @12:00pm <b>Soup for the Soul</b> pg.6 @12:30pm		<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga</b> (Virtual) pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer</b> (Virtual) pg.6 @9:45am <b>Men's Support Group</b> pg.4 @4:00pm	<b>Body Balance</b> (Virtual) pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra</b> (Virtual) pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm				
27		28		29		30			
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am		<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga</b> (Virtual) pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer</b> (Virtual) pg.6 @9:45am	<b>Body Balance</b> (Virtual) pg.6 @1:30pm <b>Yoga Nidra</b> (Virtual) pg.7 @7:00pm					

# Collingwood Calendar

MAY 2026

MAY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Balance & Strength pg.6 @1:00pm
4	5	6	7	8
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 @4:00pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Caregivers' Support Group pg.4 @4:00pm	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
11	12	13	14	15
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 @4:00pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Reiki pg.3 @1:00pm @2:00pm Men's Support Group pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
18	19	20	21	22
The Centre is CLOSED <i>Victoria 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 @4:00pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Caregivers' Support Group pg.4 @4:00pm	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
25	26	27	28	29
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 @4:00pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Men's Support Group pg.4 @4:00pm	New Member Connect pg.6 @10:00am Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm  <i>Camp Hope</i>

# Collingwood Calendar

JUNE 2026

JUNE 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am <b>Cancer Talks</b> pg.7 @12:00pm <b>Soup for the Soul</b> pg.6 @12:30pm	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Reiki</b> pg.3 @1:00pm @2:00pm <b>Men's Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00pm <b>Member Connect Forum</b> pg.2 @12:00pm <b>Soup for the Soul</b> pg.6 @12:30pm	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Counselling</b> pg.3 @2:00pm @3:00pm <b>Living with Cancer</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Caregivers' Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm <b>Women's Support Group</b> pg.4 @4:00pm	<b>Yoga for Breast Cancer (Virtual)</b> pg.6 @9:45am <b>Men's Support Group</b> pg.4 @4:00pm	<b>Body Balance (Virtual)</b> pg.6 @1:30pm <b>Journey of Hope Support Group</b> pg.4 @4:00pm <b>Yoga Nidra (Virtual)</b> pg.7 @7:00pm	<b>Balance &amp; Strength</b> pg.6 @1:00pm
<b>29</b>	<b>30</b>	<b>JULY 1</b>		
<b>Knitting &amp; Crocheting with Friends</b> pg.5 @10:00am	<b>Quilting &amp; Crafts with Denise</b> pg.5 @10:00am <b>Chair Yoga (Virtual)</b> pg.6 @1:30pm	The Centre is CLOSED <i>Canada Day</i>		