

MARCH 2026

MONDAY		TUESDAY		WEDNESDAY	
2		3		4	
Guided Legacy Writing pg.5 @2:00pm		Life After Cancer Group pg.4 @1:00pm		Yoga for Breast Cancer pg.6 @9:45am	
		Chair Yoga pg.6 @1:30pm		Music is Therapy pg.5 @11:00am	
		Men's Support Group pg.4 @2:30pm		Card Making pg.5 @1:00pm	
9		10		11	
Book Club pg.6 @2:00pm		Chair Yoga pg.6 @1:30pm		Yoga for Breast Cancer pg.6 @9:45am	
Women's Support Group pg.4 @4:00pm				Journey of Hope pg.4 @11:00am	
				Card Making pg.5 @1:00pm	
16		17		18	
Guided Legacy Writing pg.5 @2:00pm		Life After Cancer Group pg.4 @1:00pm		Yoga for Breast Cancer pg.6 @9:45am	
		Chair Yoga pg.6 @1:30pm		Music is Therapy pg.5 @11:00am	
		Men's Support Group pg.4 @2:30pm		Card Making pg.5 @1:00pm	
23		24		25	
Book Club pg.6 @2:00pm		Chair Yoga pg.6 @1:30pm		Yoga for Breast Cancer pg.6 @9:45am	
Women's Support Group pg.4 @4:00pm				Journey of Hope pg.4 @11:00am	
				Card Making pg.5 @1:00pm	
30		31			
Guided Legacy Writing pg.5 @2:00pm		Life After Cancer Group pg.4 @1:00pm			
		Chair Yoga pg.6 @1:30pm			
		Men's Support Group pg.4 @2:30pm			

PENETANGUISHENE

THURSDAY		FRIDAY		WEEKEND	
5		6		7	
Knitting & Crocheting with Friends pg.5 @10:00am		Cooking for Cancer pg.6 @10:00am			
Counselling pg.3 @12pm, 1pm, 2pm & 3pm		Member Connect Forum pg.2 @11:30am			
Caregivers' Support Group pg.4 @12:30pm		Soup for the Soul pg.6 @12:30pm			8
Body Balance pg.6 @1:30pm		Seated Massage pg.3 @1:00pm, 1:20pm, 1:40pm & 2:00pm			
Yoga Nidra (Virtual) pg.7 @7:00pm					
12		13		14	
Knitting & Crocheting with Friends pg.5 @10:00am		Smudging and Healing from an Indigenous Perspective pg.7 @11:00am			
Counselling pg.3 @12pm, 1pm, 2pm & 3pm		Reiki pg.3 @12:30, 1:45, & 3:00pm			
Body Balance pg.6 @1:30pm					15
Yoga Nidra (Virtual) pg.7 @7:00pm					
19		20		21	
Knitting & Crocheting with Friends pg.5 @10:00am		Cooking for Cancer pg.6 @10:00am			
Counselling pg.3 @12pm, 1pm, 2pm & 3pm		Cancer Talks pg.7 @11:30am			
Caregivers' Support Group pg.4 @12:30pm		Soup for the Soul pg.6 @12:30pm			22
Body Balance pg.6 @1:30pm					
Yoga Nidra (Virtual) pg.7 @7:00pm					
26		27		28	
Knitting & Crocheting with Friends pg.5 @10:00am		Smudging and Healing from an Indigenous Perspective pg.7 @11:00am			
Reiki pg.3 @12:30, 1:45, & 3:00pm		Seated Massage pg.3 @1:00pm, 1:20pm, 1:40pm & 2:00pm			
Counselling pg.3 @12pm, 1pm, 2pm & 3pm					29
Body Balance pg.6 @1:30pm					
Yoga Nidra (Virtual) pg.7 @7:00pm					

APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

Cancer Awareness Month

1

Yoga for Breast Cancer
pg.6 @9:45am
Music is Therapy
pg.5 @11:00am
Card Making
pg.5 @1:00pm

6

7

8

The Centre is CLOSED

Easter Mouday

Chair Yoga
pg.6 @1:30pm

Yoga for Breast Cancer
pg.6 @9:45am
Journey of Hope
pg.4 @11:00am
Card Making
pg.5 @1:00pm

13

14

15

Guided Legacy Writing
pg.5 @2:00pm

Life After Cancer Group
pg.4 @1:00pm
Chair Yoga
pg.6 @1:30pm
Men's Support Group
pg.4 @2:30pm

Yoga for Breast Cancer
pg.6 @9:45am
Music is Therapy
pg.5 @11:00am
Card Making
pg.5 @1:00pm

20

21

22

Book Club
pg.6 @2:00pm
Women's Support Group
pg.4 @4:00pm

Chair Yoga
pg.6 @1:30pm

Yoga for Breast Cancer
pg.6 @9:45am
Journey of Hope
pg.4 @11:00am
Card Making
pg.5 @1:00pm

27

28

29

Reiki
pg.3 @12:30, 1:45, & 3:00pm
Guided Legacy Writing
pg.5 @2:00pm

Life After Cancer Group
pg.4 @1:00pm
Chair Yoga
pg.6 @1:30pm
Men's Support Group
pg.4 @2:30pm

Yoga for Breast Cancer
pg.6 @9:45am
Music is Therapy
pg.5 @11:00am
Card Making
pg.5 @1:00pm

PENETANGUISHENE

THURSDAY

FRIDAY

WEEKEND

2

3

4

Knitting & Crocheting with Friends
pg.5 @10:00am
Counselling
pg.3 @12pm, 1pm, 2pm & 3pm
Caregivers' Support Group
pg.4 @12:30pm
Body Balance
pg.6 @1:30pm
Yoga Nidra (Virtual)
pg.7 @7:00pm

The Centre is CLOSED

Good Friday

5

9

10

11

Knitting & Crocheting with Friends
pg.5 @10:00am
Counselling
pg.3 @12pm, 1pm, 2pm & 3pm
Body Balance
pg.6 @1:30pm
Yoga Nidra (Virtual)
pg.7 @7:00pm

Smudging and Healing from an
Indigenous Perspective
pg.7 @11:00am
Seated Massage
pg.3 @1:00pm, 1:20pm, 1:40pm
& 2:00pm

Trivia Night

12

16

17

18

Knitting & Crocheting with Friends
pg.5 @10:00am
Counselling
pg.3 @12pm, 1pm, 2pm & 3pm
Caregivers' Support Group
pg.4 @12:30pm
Body Balance
pg.6 @1:30pm
Yoga Nidra (Virtual)
pg.7 @7:00pm

Cooking for Cancer
pg.6 @10:00am
Cancer Talks
pg.7 @11:30am
Soup for the Soul
pg.6 @12:30pm
Seated Massage
pg.3 @1:00pm, 1:20pm, 1:40pm
& 2:00pm

19

23

24

25

Knitting & Crocheting with Friends
pg.5 @10:00am
Counselling
pg.3 @12pm, 1pm, 2pm & 3pm
Body Balance
pg.6 @1:30pm
Yoga Nidra (Virtual)
pg.7 @7:00pm

Smudging and Healing from an
Indigenous Perspective
pg.7 @11:00am

26

30

Knitting & Crocheting with Friends
pg.5 @10:00am
Counselling
pg.3 @12pm, 1pm, 2pm & 3pm
Caregivers' Support Group
pg.4 @12:30pm
Body Balance
pg.6 @1:30pm
Yoga Nidra (Virtual)
pg.7 @7:00pm

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

4	5	6
Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Yoga for Breast Cancer pg.6 @9:45am Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
11	12	13
Guided Legacy Writing pg.5 @2:00pm	Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	Yoga for Breast Cancer pg.6 @9:45am Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
18	19	20
The Centre is CLOSED <i>Victoria Day</i>	Chair Yoga pg.6 @1:30pm	Yoga for Breast Cancer pg.6 @9:45am Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
25	26	27
Reiki pg.3 @12:30, 1:45, & 3:00pm Guided Legacy Writing pg.5 @2:00pm	Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	Yoga for Breast Cancer pg.6 @9:45am Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm

PENETANGUISHENE

THURSDAY

FRIDAY

WEEKEND

7	8	9
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Qigong pg.7 @10:00am Cooking for Cancer pg.6 @10:00am Cancer Talks pg.7 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1pm, 1:20pm, 1:40pm & 2pm	1 2 3
14	15	16
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caregivers' Support Group pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am Qigong pg.7 @10:00am Cooking for Cancer pg.6 @10:00am Member Connect Forum pg.2 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1pm, 1:20pm, 1:40pm & 2pm	4 5 6 7 8 9 10 11 12 13 14 15 16 17
21	22	23
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am Seated Massage pg.3 @1:00pm, 1:20pm, 1:40pm & 2:00pm	18 19 20 21 22 23 24
28	29	30
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caregivers' Support Group pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Qigong pg.7 @10:00am Cooking for Cancer pg.6 @10:00am Cancer Talks pg.7 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1pm, 1:20pm, 1:40pm & 2pm	25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 <i>Camp Hope</i> <i>Camp Hope</i>

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY
1 Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	2 Chair Yoga pg.6 @1:30pm	3 Yoga for Breast Cancer pg.6 @9:45am Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
8 Guided Legacy Writing pg.5 @2:00pm	9 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	10 Yoga for Breast Cancer pg.6 @9:45am Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
15 Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	16 Chair Yoga pg.6 @1:30pm	17 Yoga for Breast Cancer pg.6 @9:45am Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
22 Guided Legacy Writing pg.5 @2:00pm	23 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	24 Yoga for Breast Cancer pg.6 @9:45am Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
29 Reiki pg.3 @12:30, 1:45, & 3:00pm Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	30 Chair Yoga pg.6 @1:30pm	JULY 1 The Centre is CLOSED <i>Canada Day</i>

PENETANGUISHENE

THURSDAY	FRIDAY	WEEKEND
4 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	5 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	6 7
11 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caregivers' Support Group pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	12 Qigong pg.7 @10:00am Cooking for Cancer pg.6 @10:00am Cancer Talks pg.7 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1pm, 1:20pm, 1:40pm & 2pm	13 <i>Butter Tart Classic Pickleball Tournament</i> 14 <i>Butter Tart Classic Pickleball Tournament</i>
18 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	19 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	20 21
25 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caregivers' Support Group pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	26 Qigong pg.7 @10:00am Cooking for Cancer pg.6 @10:00am Cancer Talks pg.7 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1pm, 1:20pm, 1:40pm & 2pm	27 28