

Collingwood Calendar

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
The Centre is CLOSED <i>Canada Day</i>	The Centre is CLOSED <i>Canada Day</i>	The Centre is CLOSED <i>Canada Day</i>	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
6	7	8	9	10
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Member Connect Forum pg.2 @12:00pm Soup for the Soul pg.6 @12:30pm	Chair Yoga (Virtual) pg.6 @1:30pm Counselling @2:00pm pg.3 @3:00pm Life After Cancer pg.4 @4:30pm	Reiki @1:00pm pg.3 @2:00pm Music is Therapy pg.5 @1:00pm Men's Support Group pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
13	14	15	16	17
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Caring for the Caregivers pg.4 @4:00pm	Massage with Georgian College pg.3 @12:30, 1:15, 2:00 & 2:45pm Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
20	21	22	23	24
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.5 @12:00pm Soup for the Soul pg.6 @12:30pm	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:30, 1:55, 2:20 & 2:45pm Counselling pg.3 @2:00pm @3:00pm Life After Cancer pg.4 @4:30pm	Men's Support Group pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
27	28	29	30	31
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Women'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

Collingwood Calendar

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
The Centre is CLOSED <i>Civic Holiday</i>	Chair Yoga (Virtual) pg.6 @1:30pm Counselling @2:00pm pg.3 @3:00pm Life After Cancer pg.4 @4:30pm	Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
10	11	12	13	14
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:30, 1:55, 2:20 & 2:45pm Women's Support Group pg.4 @4:00pm	Reiki @1:00pm pg.3 @2:00pm Music is Therapy pg.5 @1:00pm Men's Support Group pg.4 @4:00pm	Massage with Georgian College pg.3 @12:30, 1:15, 2:00 & 2:45pm Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
17	18	19	20	21
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Member Connect Forum pg.2 @12:00pm Soup for the Soul pg.6 @12:30pm	Chair Yoga (Virtual) pg.6 @1:30pm Counselling @2:00pm pg.3 @3:00pm Life After Cancer pg.4 @4:30pm	Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
24	25	26	27	28
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Men's Support Group pg.4 @4:00pm	New Member Connect pg.6 @10:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
31				
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am				

Collingwood Calendar

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Life After Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Music is Therapy pg.5 @1:00pm Caring for the Caregivers pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	
7	8	9	10	11
The Centre is CLOSED <i>Labour Day</i>	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 Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
14	15	16	17	18
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:30, 1:55, 2:20 & 2:45pm Counselling pg.3 @2:00pm @3:00pm Life After Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Caring for the Caregivers pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
21	22	23	24	25
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.5 @12:00pm Soup for the Soul pg.6 @12:30pm	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 Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
28	29	30	<i>Childhood Cancer Awareness Month</i>	
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am		

Childhood Cancer Awareness Month

Collingwood Calendar

OCTOBER 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY				
<i>Paint the Town Pink</i> <i>Breast Cancer Awareness Month</i>			1	2
			Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
5	6	7	8	9
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.5 @12:00pm Soup for the Soul pg.6 @12:30pm	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:30, 1:55, 2:20 & 2:45pm Counselling pg.3 @2:00pm @3:00pm Life After Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Music is Therapy pg.5 @1:00pm Caring for the Caregivers pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
12	13	14	15	16
The Centre is CLOSED <i>Thanksgiving</i>	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	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Members pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
19	20	21	22	23
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends pg.5 @10:00am Cancer Talks pg.5 @12:00pm Soup for the Soul pg.6 @12:30pm	Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @2:00pm @3:00pm Life After Cancer pg.4 @4:30pm	Yoga for Breast Cancer (Virtual) pg.6 @9:45am Caring for the Caregivers pg.4 @4:00pm	Body Balance (Virtual) pg.6 @1:30pm Guided Meditation for Caregivers pg.7 @2:00pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
26	27	28	29	30
Walking Club pg.6 @9:00am Knitting & Crocheting with Friends 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 Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm