

JULY 2026		
MONDAY	TUESDAY	WEDNESDAY
29	30	1
The Centre is CLOSED <i>Canada Day</i>		
6	7	8
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	Music is Therapy pg.5 @11:00am Massage with Georgian College pg.3 @12:30pm Card Making pg.5 @1:00pm
13	14	15
Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am
20	21	22
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	Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
27	28	29
Reiki pg.3 @12:30, 1:45, & 3:00pm Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
2	3	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	Qigong pg.7 @10:00am Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	
9	10	11
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers 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.5 @11:30am Soup for the Soul pg.6 @12:30pm	
16	17	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	Qigong pg.7 @10:00am Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	
23	24	25
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Cooking for Cancer pg.6 @10:00am Member Connect Forum pg.2 @11:30am Soup for the Soul pg.6 @12:30pm	
30	31	
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 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	

AUGUST 2026		
MONDAY	TUESDAY	WEDNESDAY
3	4	5
The Centre is CLOSED Civic Holiday	Life After Cancer Group pg.4 @1:00pm	Music is Therapy pg.5 @11:00am
	Chair Yoga pg.6 @1:30pm	Massage with Georgian College pg.3 @12:30pm
	Men's Support Group pg.4 @2:30pm	Card Making pg.5 @1:00pm
10	11	12
Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am
17	18	19
Guided Legacy Writing pg.5 @2:00pm	Reiki pg.3 @12:30, 1:45, & 3:00pm	Music is Therapy pg.5 @11:00am
	Life After Cancer Group pg.4 @1:00pm	Card Making pg.5 @1:00pm
	Chair Yoga pg.6 @1:30pm	
	Men's Support Group pg.4 @2:30pm	
24	25	26
Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am
31		
Guided Legacy Writing pg.5 @2:00pm		

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
6	7	8
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.5 @11:30am	
Caring for the Caregivers pg.4 @12:30pm	Soup for the Soul pg.6 @12:30pm	
Body Balance pg.6 @1:30pm		
Yoga Nidra (Virtual) pg.7 @7:00pm		
13	14	15
Knitting & Crocheting with Friends pg.5 @10:00am	Qigong pg.7 @10:00am	Georgian Bay Cycle for Hope
Counselling pg.3 @12pm, 1pm, 2pm & 3pm	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	
Body Balance pg.6 @1:30pm		
Yoga Nidra (Virtual) pg.7 @7:00pm		
20	21	22
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.5 @11:30am	
Caring for the Caregivers pg.4 @12:30pm	Soup for the Soul pg.6 @12:30pm	
Body Balance pg.6 @1:30pm		
Yoga Nidra (Virtual) pg.7 @7:00pm		
27	28	29
Knitting & Crocheting with Friends pg.5 @10:00am	Qigong pg.7 @10:00am	
Counselling pg.3 @12pm, 1pm, 2pm & 3pm	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	
Body Balance pg.6 @1:30pm		
Yoga Nidra (Virtual) pg.7 @7:00pm		

SEPTEMBER 2026		
MONDAY	TUESDAY	WEDNESDAY
	1 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	2 Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
7 The Centre is CLOSED Labour Day	8 Chair Yoga pg.6 @1:30pm	9 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
14 Reiki pg.3 @12:30, 1:45, & 3:00pm Guided Legacy Writing pg.5 @2:00pm	15 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	16 Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
21 Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	22	23 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
28 Reiki pg.3 @12:30, 1:45, & 3:00pm Guided Legacy Writing pg.5 @2:00pm	29 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm Truth & Reconciliation Event Penetanguishene	30 Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm National Day for Truth & Reconciliation

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
3 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	4 Cooking for Cancer pg.6 @10:00am Cancer Talks pg.5 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm	5
10 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	11 Qigong pg.7 @10:00am Smudging and Healing from an Indigenous Perspective pg.7 @11:00am Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm	12 GBCSC's Fifteenth Anniversary Celebration
17 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	18 Cooking for Cancer pg.6 @10:00am Cancer Talks pg.5 @11:30am Soup for the Soul pg.6 @12:30pm	19 Barrel Bash Pickleball Tournament
24 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Yoga Nidra (Virtual) pg.7 @7:00pm	25 Qigong pg.7 @10:00am Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	20 Barrel Bash Pickleball Tournament
		27

Childhood Cancer Awareness Month

OCTOBER 2026

MONDAY | TUESDAY | WEDNESDAY

Paint the Town Pink

Breast Cancer Awareness Month

5	6	7
Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
12	13	14
The Centre is CLOSED Thanksgiving	Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm
19	20	21
Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
26	27	28
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	Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm

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THURSDAY	FRIDAY	WEEKEND
1	2	3
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers 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.5 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm	4
8	9	10
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 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	11
15	16	17
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers 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.5 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm	18
22	23	24
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 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	25
29	30	31
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @12pm, 1pm, 2pm & 3pm Caring for the Caregivers 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.5 @11:30am Soup for the Soul pg.6 @12:30pm	Halloween 1