

Collingwood Calendar

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
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 pg.3 2:45pm & 4:00pm @1:30pm	Art for Wellness pg.5 @12:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @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	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Reiki @12:00pm, 1:15pm pg.3 @2:30pm Art for Wellness pg.5 @12:00pm Men's Support Group pg.4 @4:00pm <i>Remembrance Day</i>	Body Balance (Virtual) pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
16	17	18	19	20
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 @1:00, 1:20, 1:40 & 2:00pm Counselling pg.3 2:45pm & 4:00pm @1:30pm	Art for Wellness pg.5 @12:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @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	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Art for Wellness pg.5 @12:00pm 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
30				
Knitting & Crocheting with Friends pg.5 @10:00am				

Men's Cancer and Mental Health Awareness Month

Collingwood Calendar

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chair Yoga (Virtual) pg.6 @1:30pm Counselling @1:15pm pg.3 2:25pm & 3:40pm	Art for Wellness pg.5 @12:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
7	8	9	10	11
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 @1:00, 1:20, 1:40 & 2:00pm Women's Support Group pg.4 @4:00pm	Reiki @12:00pm, 1:15pm pg.3 @2:30pm 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
14	15	16	17	18
Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Counselling @1:15pm pg.3 2:25pm & 3:40pm	Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm <i>Holiday Drop-In Lunch</i>
21	22	23	24	25
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	The Centre is CLOSED <i>Holiday Break</i>	The Centre is CLOSED <i>Holiday Break</i>	The Centre is CLOSED <i>Holiday Break</i>
28	29	30	31	
The Centre is CLOSED <i>Holiday Break</i>	The Centre is CLOSED <i>Holiday Break</i>	The Centre is CLOSED <i>Holiday Break</i>	The Centre is CLOSED <i>Holiday Break</i>	

Collingwood Calendar

JANUARY 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 The Centre is CLOSED <i>Holiday Break</i>
4	5	6	7	8
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 @1:15pm pg.3 2:25pm & 3:40pm	Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm 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	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:00, 1:20, 1:40 & 2:00pm Women's Support Group pg.4 @4:00pm	Reiki @12:00pm, 1:15pm pg.3 @2:30pm 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
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 @1:15pm pg.3 2:25pm & 3:40pm	Open Studio Art Therapy pg.5 @1:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm 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	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Open Studio Art Therapy pg.5 @1:00pm 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

Collingwood Calendar

FEBRUARY 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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 @1:15pm 2:25pm & 3:40pm	Open Studio Art Therapy pg.5 @1:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm <i>World Cancer Day</i>	Balance & Strength pg.6 @1:00pm
8	9	10	11	12
Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Seated Massage pg.3 @1:00, 1:20, 1:40 & 2:00pm Women's Support Group pg.4 @4:00pm	Reiki @12:00pm, 1:15pm pg.3 @2:30pm Open Studio Art Therapy pg.5 @1:00pm 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
15	16	17	18	19
The Centre is CLOSED <i>Family Day</i>	Chair Yoga (Virtual) pg.6 @1:30pm Counselling pg.3 @1:15pm 2:25pm & 3:40pm	Open Studio Art Therapy pg.5 @1:00pm Caring for the Caregivers pg.4 @4:00pm	Book Club pg.6 @11:00am Body Balance (Virtual) pg.6 @1:30pm Guided Meditation pg.7 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	Balance & Strength pg.6 @1:00pm
22	23	24	25	26
Knitting & Crocheting with Friends pg.5 @10:00am	Chair Yoga (Virtual) pg.6 @1:30pm Women's Support Group pg.4 @4:00pm	Open Studio Art Therapy pg.5 @1:00pm 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