

NOVEMBER 2026		
MONDAY	TUESDAY	WEDNESDAY
2	3	4
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
9	10	11
Memories Worth Sharing 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, 1:15pm, 1:45pm 2:00pm & 2:45pm Card Making pg.5 @1:00pm <i>Remembrance Day</i>
16	17	18
Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	Reiki pg.3 @12:30, 1:45, & 3:00pm Chair Yoga pg.6 @1:30pm	Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
23	24	25
Memories Worth Sharing 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
30		
Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm		

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
5	6	7
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @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	
12	13	14
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @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	
19	20	21
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @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	27	28
Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @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	<i>Hope for the Holidays Winter Market</i>
		29

Men's Cancer and Mental Health Awareness Month

DECEMBER 2026		
MONDAY	TUESDAY	WEDNESDAY
	1 Chair Yoga pg.6 @1:30pm	2 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
7 Memories Worth Sharing pg.5 @2:00pm	8 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	9 Music is Therapy pg.5 @11:00am Massage with Georgian College pg.3 @12:30pm, 1:15pm, 1:45pm 2:00pm & 2:45pm Card Making pg.5 @1:00pm
14 Book Club pg.6 @2:00pm Women's Support Group pg.4 @4:00pm	15 Chair Yoga pg.6 @1:30pm	16 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm
21 Memories Worth Sharing pg.5 @2:00pm	22 Life After Cancer Group pg.4 @1:00pm Chair Yoga pg.6 @1:30pm Men's Support Group pg.4 @2:30pm	23 The Centre is CLOSED <i>Holiday Break</i>
28 The Centre is CLOSED <i>Holiday Break</i>	29 The Centre is CLOSED <i>Holiday Break</i>	30 The Centre is CLOSED <i>Holiday Break</i>

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
3 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	4 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am	5 6
10 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @1pm, 2pm & 3pm Caring for the Caregivers pg.4 @12:30pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	11 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	12 13
17 Knitting & Crocheting with Friends pg.5 @10:00am Counselling pg.3 @1pm, 2pm & 3pm Body Balance pg.6 @1:30pm Yoga Nidra (Virtual) pg.7 @7:00pm	18 Smudging and Healing from an Indigenous Perspective pg.7 @11:00am <i>Holiday Drop-In Lunch</i>	19 20
24 The Centre is CLOSED <i>Holiday Break</i>	25 The Centre is CLOSED <i>Holiday Break</i>	26 27
31 The Centre is CLOSED <i>Holiday Break</i>		

JANUARY 2027

MONDAY | TUESDAY | WEDNESDAY

WEDNESDAY

4		5		6	
Memories Worth Sharing pg.5	@2:00pm	Life After Cancer Group pg.4	@1:00pm	Music is Therapy pg.5	@11:00am
		Chair Yoga pg.6	@1:30pm	Card Making pg.5	@1:00pm
		Men's Support Group pg.4	@2:30pm		
11		12		13	
Book Club pg.6	@2:00pm	Chair Yoga pg.6	@1:30pm	Journey of Hope pg.4	@11:00am
Women's Support Group pg.4	@4:00pm			Card Making pg.5	@1:00pm
18		19		20	
Memories Worth Sharing pg.5	@2:00pm	Life After Cancer Group pg.4	@1:00pm	Music is Therapy pg.5	@11:00am
		Chair Yoga pg.6	@1:30pm	Card Making pg.5	@1:00pm
		Men's Support Group pg.4	@2:30pm		
25		26		27	
Reiki pg.3	@12:30, 1:45, & 3:00pm	Chair Yoga pg.6	@1:30pm	Journey of Hope pg.4	@11:00am
Book Club pg.6	@2:00pm			Card Making pg.5	@1:00pm
Women's Support Group pg.4	@4:00pm				

PENETANGUISHENE
THURSDAY | FRIDAY | WEEKEND

WEEKEND

2

Holiday Break

3

<div>7</div> <div>Knitting & Crocheting with Friends pg.5 @10:00am</div> <div>Counselling pg.3 @1pm, 2pm & 3pm</div> <div>Caring for the Caregivers pg.4 @12:30pm</div> <div>Body Balance pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual) pg.7 @7:00pm</div>		<div>8</div> <div>Cooking for Cancer pg.6 @10:00am</div> <div>Cancer Talks pg.5 @11:30am</div> <div>Soup for the Soul pg.6 @12:30pm</div> <div>Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm</div>		<div>9</div>	
				10	
14		15		16	
<div>Knitting & Crocheting with Friends pg.5 @10:00am</div> <div>Counselling pg.3 @1pm, 2pm & 3pm</div> <div>Body Balance pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual) pg.7 @7:00pm</div>		<div>Smudging and Healing from an Indigenous Perspective pg.7 @11:00am</div>			
				17	
21		22		23	
<div>Knitting & Crocheting with Friends pg.5 @10:00am</div> <div>Counselling pg.3 @1pm, 2pm & 3pm</div> <div>Caring for the Caregivers pg.4 @12:30pm</div> <div>Body Balance pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual) pg.7 @7:00pm</div>		<div>Cooking for Cancer pg.6 @10:00am</div> <div>Cancer Talks pg.5 @11:30am</div> <div>Soup for the Soul pg.6 @12:30pm</div> <div>Seated Massage pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm</div>			
				24	
28		29		30	
<div>Knitting & Crocheting with Friends pg.5 @10:00am</div> <div>Body Balance pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual) pg.7 @7:00pm</div>		<div>Smudging and Healing from an Indigenous Perspective pg.7 @11:00am</div>		<div>GBCSC Bonuspiel</div>	
				31	

FEBRUARY 2027		
MONDAY	TUESDAY	WEDNESDAY
1	2	3
<div>Memories Worth Sharing</div> <div>pg.5 @2:00pm</div>	<div>Life After Cancer Group</div> <div>pg.4 @1:00pm</div> <div>Chair Yoga</div> <div>pg.6 @1:30pm</div> <div>Men's Support Group</div> <div>pg.4 @2:30pm</div>	<div>Music is Therapy</div> <div>pg.5 @11:00am</div> <div>Card Making</div> <div>pg.5 @1:00pm</div>
8	9	10
<div>Book Club</div> <div>pg.6 @2:00pm</div> <div>Women's Support Group</div> <div>pg.4 @4:00pm</div>	<div>Chair Yoga</div> <div>pg.6 @1:30pm</div>	<div>Journey of Hope</div> <div>pg.4 @11:00am</div> <div>Card Making</div> <div>pg.5 @1:00pm</div>
15	16	17
<div>The Centre is CLOSED</div> <div>Family Day</div>	<div>Life After Cancer Group</div> <div>pg.4 @1:00pm</div> <div>Chair Yoga</div> <div>pg.6 @1:30pm</div> <div>Men's Support Group</div> <div>pg.4 @2:30pm</div>	<div>Music is Therapy</div> <div>pg.5 @11:00am</div> <div>Card Making</div> <div>pg.5 @1:00pm</div>
22	23	24
<div>Reiki</div> <div>pg.3 @12:30, 1:45, & 3:00pm</div> <div>Book Club</div> <div>pg.6 @2:00pm</div> <div>Women's Support Group</div> <div>pg.4 @4:00pm</div>	<div>Chair Yoga</div> <div>pg.6 @1:30pm</div>	<div>Journey of Hope</div> <div>pg.4 @11:00am</div> <div>Card Making</div> <div>pg.5 @1:00pm</div>

PENETANGUISHENE		
THURSDAY	FRIDAY	WEEKEND
4	5	6
<div>Knitting & Crocheting with Friends</div> <div>pg.5 @10:00am</div> <div>Counselling</div> <div>pg.3 @1pm, 2pm & 3pm</div> <div>Caring for the Caregivers</div> <div>pg.4 @12:30pm</div> <div>Body Balance</div> <div>pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual)</div> <div>pg.7 @7:00pm</div> <div>World Cancer Day</div>	<div>Cooking for Cancer</div> <div>pg.6 @10:00am</div> <div>Cancer Talks</div> <div>pg.5 @11:30am</div> <div>Soup for the Soul</div> <div>pg.6 @12:30pm</div> <div>Seated Massage</div> <div>pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm</div>	
11	12	13
<div>Knitting & Crocheting with Friends</div> <div>pg.5 @10:00am</div> <div>Counselling</div> <div>pg.3 @1pm, 2pm & 3pm</div> <div>Body Balance</div> <div>pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual)</div> <div>pg.7 @7:00pm</div>	<div>Smudging and Healing from an Indigenous Perspective</div> <div>pg.7 @11:00am</div>	
18	19	20
<div>Knitting & Crocheting with Friends</div> <div>pg.5 @10:00am</div> <div>Counselling</div> <div>pg.3 @1pm, 2pm & 3pm</div> <div>Caring for the Caregivers</div> <div>pg.4 @12:30pm</div> <div>Body Balance</div> <div>pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual)</div> <div>pg.7 @7:00pm</div>	<div>Cooking for Cancer</div> <div>pg.6 @10:00am</div> <div>Cancer Talks</div> <div>pg.5 @11:30am</div> <div>Soup for the Soul</div> <div>pg.6 @12:30pm</div>	
25	26	27
<div>Knitting & Crocheting with Friends</div> <div>pg.5 @10:00am</div> <div>Counselling</div> <div>pg.3 @1pm, 2pm & 3pm</div> <div>Body Balance</div> <div>pg.6 @1:30pm</div> <div>Yoga Nidra (Virtual)</div> <div>pg.7 @7:00pm</div>	<div>Smudging and Healing from an Indigenous Perspective</div> <div>pg.7 @11:00am</div> <div>Seated Massage</div> <div>pg.3 @1:00pm 1:20pm, 1:40pm & 2:00pm</div>	