

January 2012

December 2011							January 2012							February 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3	1	2	3	4	5	6	7					1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	29	30	31					26	27	28	29				

- HOLIDAY
- speaker
- support groups / external
- drop in WS programs
- registered WS programs
- Calendar
- U. of C.
- Outdoor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 1:00 PM Look Good Feel Better	4 6:00 PM Exercise and Educate	5 10:00 AM Watercolour: Next Step 1:00 PM Visualization & Relaxation 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty	6	7 10:00 AM Creative Journaling
8 2:00 PM Cancer Club	9 10:00 AM X-Country Ski Orientation 11:15 AM Restorative Yoga 5:30 PM Head & Neck Support Group 6:45 PM Exercise and Educate	10 9:30 AM Healthy Steps 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Blood Cancer 7:30 PM Yogathrive	11 10:00 AM Colorectal Peer Support 10:00 AM Healing Journey 1 1:00 PM YogaThrive 6:00 PM Exercise and Educate 7:00 PM Cancervive Meeting	12 10:00 AM Watercolour: Next Step 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 7:00 PM Multiple Myeloma (2 rooms)	13 1:00 PM Women's Interest Group	14 10:00 AM NO CLASS! Creative Journaling
15 11:00 AM YogaThrive: level 2	16 10:00 AM X-Country Ski 11:15 AM Restorative Yoga 6:45 PM Exercise and Educate	17 9:30 AM Healthy Steps 10:00 AM Photo Walks 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING 7:30 PM Yogathrive	18 10:00 AM Healing Journey 1 1:00 PM Brain Fog 1:00 PM YogaThrive 6:00 PM Exercise and Educate 6:30 PM Brain Tumour 7:00 PM Speaker:Linda Carlson 'Mindfulness'	19 10:00 AM Watercolour: Next Step 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm	20 1:00 PM Women's Interest Group	21 10:00 AM Creative Journaling
22 11:00 AM YogaThrive: level 2	23 11:15 AM Restorative Yoga 6:45 PM Exercise and Educate	24 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Speaker: Lang & Molnar 'Legal and Employment Matters' 7:30 PM Prostate Cancer Canada 7:30 PM Yogathrive	25 10:00 AM Healing Journey 1 1:00 PM YogaThrive 1:00 PM Brain Fog 6:00 PM Exercise and Educate	26 10:00 AM Watercolour: Next Step 12:00 PM Qi Gong: Dr. Aung Medical 12:30 PM Volunteer Team Meeting 1:00 PM Visualization & Relaxation 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm	27 10:00 AM Art Bee 1:00 PM Women's Interest Group	28 10:00 AM Creative Journaling
29 11:00 AM YogaThrive: level 2	30 10:00 AM X-Country Ski 11:15 AM Restorative Yoga 6:45 PM Exercise and Educate	31 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:30 PM Yogathrive	1 10:00 AM Healing Journey 1 1:00 PM Brain Fog 1:00 PM YogaThrive 6:00 PM Exercise and Educate	2 10:00 AM Creative Journaling 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 3:00 PM Bob Glasgow: Grief and Bereavement Reflection 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm 7:00 PM Speaker: Dr. Ardythe Taylor 'Focus on Cancer'	3 1:00 PM Women's Interest Group 1:00 PM Exercise and Educate	4 10:00 AM Creative Journaling

February 2012

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4						1	2	3
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	
29	30	31					26	27	28	29				25	26	27	28	29	30	31	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 11:00 AM YogaThrive: level 2	30 10:00 AM X-Country Ski 11:15 AM Restorative Yoga 6:45 PM Exercise and Educate	31 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:30 PM Yogathrive	1 10:00 AM Healing Journey 1 1:00 PM Brain Fog 1:00 PM YogaThrive 6:00 PM Exercise and Educate	2 10:00 AM Creative Journaling 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 3:00 PM Bob Glasgow: Grief and Bereavement Reflection 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm 7:00 PM Speaker: Dr. Ardythe Taylor 'Focus on Cancer'	3 1:00 PM Exercise and Educate 1:00 PM Women's Interest Group	4 10:00 AM Creative Journaling
5 11:00 AM YogaThrive: level 2	6 9:45 AM Cancer Chic 11:15 AM Restorative Yoga 6:45 PM Exercise and Educate	7 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Ostomy Support 7:30 PM Yogathrive	8 10:00 AM Colorectal Peer Support 10:00 AM Healing Journey 2 1:00 PM YogaThrive 1:00 PM Brain Fog 6:00 PM Exercise and Educate	9 10:00 AM Creative Journaling 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 1:15 PM Return to Work 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm 7:00 PM Multiple Myeloma	10 1:00 PM Exercise and Educate 1:00 PM Women's Interest Group	11 10:00 AM Watercolour: Just for Fun
12 11:00 AM YogaThrive: level 2 2:00 PM Cancer Club	13 10:00 AM X-Country Ski 11:15 AM Restorative Yoga 5:30 PM Head & Neck Support Group 6:45 PM Exercise and Educate	14 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:00 PM Look Good Feel Better 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Blood Cancer 7:30 PM Yogathrive	15 10:00 AM Healing Journey 2 1:00 PM YogaThrive 1:00 PM Brain Fog 6:00 PM Exercise and Educate 6:30 PM Brain Tumour	16 10:00 AM Creative Journaling 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 1:15 PM Return to Work 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm	17 1:00 PM Women's Interest Group 11:00 PM FAMILY DAY WEEKEND	18 8:00 AM FAMILY DAY WEEKEND 10:00 AM Watercolour: Just for Fun ... FAMILY DAY WEEKEND
19 8:00 AM FAMILY DAY WEEKEND	20 8:00 AM FAMILY DAY WEEKEND	21 9:30 AM Healthy Steps 10:00 AM Photo Walks 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp.1 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING 7:30 PM Yogathrive	22 10:00 AM Healing Journey 2 1:00 PM Brain Fog 1:00 PM YogaThrive 6:00 PM Exercise and Educate 7:00 PM Practical Tools for Caregivers	23 10:00 AM Creative Journaling 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 1:15 PM Return to Work 3:30 PM I-Rest Yoga Nidra 5:15 PM Beauty 6:30 PM Moves in Rhythm	24 10:00 AM Art Bee 1:00 PM Exercise and Educate 1:00 PM Women's Interest Group 7:00 PM Cancervive-a-Tri: orientation evening	25 10:00 AM Watercolour: Just for Fun 1:00 PM Garden Happy Space: Baskets & Containers
26 11:00 AM YogaThrive: level 2 1:00 PM Speaker: Sheila Garland: I Can Sleep	27 10:00 AM X-Country Ski 11:15 AM Restorative Yoga 1:00 PM Drumming 6:45 PM Exercise and Educate	28 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:30 PM Prostate Cancer Canada 7:30 PM Yogathrive	29 10:00 AM Healing Journey 2 1:00 PM YogaThrive 1:00 PM Brain Fog 6:00 PM Exercise and Educate 7:00 PM Practical Tools for Caregivers	1 10:00 AM Watercolour: Beginner's Brush 12:00 PM Qi Gong: Dr. Aung Medical 1:00 PM Visualization & Relaxation 1:15 PM Return to Work 3:30 PM Meditation Sampler 5:15 PM Beauty 6:30 PM Moves in Rhythm	2 1:00 PM Exercise and Educate 1:00 PM Women's Interest Group 1:00 PM Ceramics: butter dish 7:00 PM House Music Concert: Harp: Jeff Stockton: Dreaming of Spring	3

March 2012

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S						
			1	2	3	4					1	2	3													
5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14						
12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21						
19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28						
26	27	28	29				25	26	27	28	29	30	31	29	30											

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 <ul style="list-style-type: none"> ■ 11:00 AM YogaThrive: level 2 ■ 1:00 PM Speaker: Sheila Garland: I Can Sleep 	27 <ul style="list-style-type: none"> ■ 10:00 AM X-Country Ski ■ 11:15 AM Restorative Yoga ■ 1:00 PM Drumming ■ 6:45 PM Exercise and Educate 	28 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 11:00 AM Tai Chi: more experienced ■ 1:30 PM Tea Gathering ■ 3:30 PM Gentle Yoga ■ 5:30 PM Gentle Yoga ■ 7:30 PM Yogathrive ■ 7:30 PM Prostate Cancer Canada 	29 <ul style="list-style-type: none"> ■ 10:00 AM Healing Journey 2 ■ 1:00 PM Brain Fog ■ 1:00 PM YogaThrive ■ 6:00 PM Exercise and Educate ■ 7:00 PM Practical Tools for Caregivers 	1 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Beginner's Brush ■ 12:00 PM Qi Gong: Dr. Aung Medical ■ 1:00 PM Visualization & Relaxation ■ 1:15 PM Return to Work ■ 3:30 PM Meditation Sampler ■ 5:15 PM Beauty ■ 6:30 PM Moves in Rhythm 	2 <ul style="list-style-type: none"> ■ 1:00 PM Women's Interest Group ■ 1:00 PM Ceramics: butter dish ■ 1:00 PM Exercise and Educate ■ 7:00 PM House Music Concert: Harp: Jeff Stockton: Dreaming of Spring 	3
4 <ul style="list-style-type: none"> ■ 11:00 AM YogaThrive: level 2 	5 <ul style="list-style-type: none"> ■ 11:15 AM Restorative Yoga ■ 1:00 PM Drumming ■ 6:45 PM Exercise and Educate 	6 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 11:00 AM Tai Chi: more experienced ■ 12:15 PM Tai Chi: less exp2 ■ 1:00 PM Look Good Feel Better ■ 1:30 PM Tea Gathering ■ 3:00 PM Cancervive-a-tri: Swim ■ 3:30 PM Gentle Yoga ■ 5:30 PM Gentle Yoga ■ 7:30 PM Yogathrive 	7 <ul style="list-style-type: none"> ■ 8:00 AM TOUPEE FOR A DAY ■ 10:00 AM Healing Journey 2 ■ 1:00 PM Brain Fog ■ 1:00 PM YogaThrive ■ 6:00 PM Exercise and Educate ■ 7:00 PM Practical Tools for Caregivers 	8 <ul style="list-style-type: none"> ■ 10:00 AM NO CLASS! Watercolour: Beginner's Brush ■ 12:00 PM Qi Gong: Spring Forest ■ 1:00 PM Visualization & Relaxation ■ 1:15 PM Return to Work ■ 3:30 PM Meditation Sampler ■ 5:15 PM Beauty ■ 7:00 PM Multiple Myeloma 	9 <ul style="list-style-type: none"> ■ 1:00 PM Women's Interest Group ■ 1:00 PM NO CLASS: Ceramics ■ 1:00 PM Exercise and Educate ■ 3:00 PM Cancervive-a-Tri: Spin 	10 <ul style="list-style-type: none"> ■ 1:00 PM House Music Workshop: Open Voice Dreaming of Spring
11 <ul style="list-style-type: none"> ■ 11:00 AM YogaThrive: level 2 ■ 2:00 PM Cancer Club 	12 <ul style="list-style-type: none"> ■ 10:00 AM X-Country Ski ■ 11:15 AM Restorative Yoga ■ 1:00 PM Drumming ■ 5:30 PM Head & Neck Support Group ■ 6:45 PM Exercise and Educate 	13 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 11:00 AM Tai Chi: more experienced ■ 12:15 PM Tai Chi: less exp2 ■ 1:30 PM Tea Gathering ■ 3:00 PM Cancervive-a-tri: Swim ■ 3:30 PM Gentle Yoga ■ 5:30 PM Gentle Yoga ■ 7:00 PM Blood Cancer ■ 7:30 PM Yogathrive 	14 <ul style="list-style-type: none"> ■ 10:00 AM Healing Journey 2 ■ 10:00 AM Colorectal Peer Support ■ 1:00 PM YogaThrive ■ 6:00 PM Exercise and Educate ■ 7:00 PM Practical Tools for Caregivers 	15 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Beginner's Brush ■ 12:00 PM Qi Gong: Spring Forest ■ 1:00 PM Visualization & Relaxation ■ 1:15 PM Return to Work ■ 3:30 PM Meditation Sampler ■ 5:15 PM Beauty ■ 6:30 PM Moves in Rhythm 	16 <ul style="list-style-type: none"> ■ 1:00 PM Women's Interest Group ■ 1:00 PM Ceramics: butter dish ■ 1:00 PM Exercise and Educate ■ 3:00 PM Cancervive-a-Tri: Spin 	17 <ul style="list-style-type: none"> ■ 10:00 AM Creative Journaling ■ 1:00 PM Healing Touch: Saturday Self Care/Relax Yourself
18 <ul style="list-style-type: none"> ■ 11:00 AM YogaThrive: level 2 	19 <ul style="list-style-type: none"> ■ 10:00 AM Food for Care and Comfort: Cookbook Co. ■ 11:15 AM Restorative Yoga ■ 1:00 PM Drumming ■ 6:45 PM Exercise and Educate 	20 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 10:00 AM Photo Walks ■ 11:00 AM Tai Chi: more experienced ■ 12:15 PM Tai Chi: less exp2 ■ 1:30 PM Tea Gathering ■ 3:00 PM Cancervive-a-tri: Swim ■ 3:30 PM Gentle Yoga ■ 5:30 PM Gentle Yoga ■ 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING ■ 7:30 PM Yogathrive 	21 <ul style="list-style-type: none"> ■ 10:00 AM Healing Journey 2 ■ 1:00 PM YogaThrive ■ 6:00 PM Exercise and Educate ■ 6:30 PM Brain Tumour ■ 7:00 PM Practical Tools for Caregivers 	22 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Beginner's Brush ■ 12:00 PM Qi Gong: Spring Forest ■ 1:00 PM Visualization & Relaxation ■ 1:15 PM Return to Work ■ 3:30 PM Meditation Sampler ■ 5:15 PM Beauty ■ 6:30 PM Moves in Rhythm 	23 <ul style="list-style-type: none"> ■ 1:00 PM Exercise and Educate ■ 1:00 PM Ceramics: butter dish ■ 1:00 PM Women's Interest Group ■ 3:00 PM Cancervive-a-Tri: Spin 	24 <ul style="list-style-type: none"> ■ 10:00 AM Creative Journaling ■ 1:00 PM Chinese Tea Appreciation: Saturday Self Care/Inspire Yourself
25 <ul style="list-style-type: none"> ■ 11:00 AM YogaThrive: level 2 	26 <ul style="list-style-type: none"> ■ 10:00 AM X-Country Ski ■ 11:15 AM Restorative Yoga ■ 1:00 PM Drumming ■ 6:45 PM Exercise and Educate 	27 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 11:00 AM Tai Chi: more experienced ■ 12:15 PM Tai Chi: less exp2 ■ 1:30 PM Tea Gathering ■ 3:00 PM Cancervive-a-tri: Swim ■ 3:30 PM Gentle Yoga ■ 5:30 PM Gentle Yoga ■ 7:30 PM Prostate Cancer Canada ■ 7:30 PM Yogathrive 	28 <ul style="list-style-type: none"> ■ 10:00 AM Healing Journey 2 ■ 1:00 PM YogaThrive ■ 6:00 PM Exercise and Educate ■ 7:00 PM Practical Tools for Caregivers 	29 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Beginner's Brush ■ 12:00 PM Qi Gong: Spring Forest ■ 1:00 PM Visualization & Relaxation ■ 1:15 PM Return to Work ■ 3:30 PM Meditation Sampler ■ 5:15 PM Beauty ■ 6:30 PM Moves in Rhythm 	30 <ul style="list-style-type: none"> ■ 10:00 AM Art Bee ■ 1:00 PM Women's Interest Group ■ 3:00 PM Cancervive-a-Tri: Spin 	31 <ul style="list-style-type: none"> ■ 10:00 AM Creative Journaling ■ 1:00 PM Reiki and Beiki: Saturday Self Care/Energize Yourself

April 2012

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S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5		
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

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1 11:00 AM YogaThrive: level 2	2 11:15 AM Restorative Yoga 1:00 PM Drumming 6:45 PM Exercise and Educate	3 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp2 1:30 PM Tea Gathering 3:00 PM Cancervive-a-tri: Swim 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga	4 6:00 PM Exercise and Educate 7:00 PM Practical Tools for Caregivers	5 10:00 AM Creative Journaling 12:00 PM Qi Gong: Spring Forest 1:00 PM Visualization & Relaxation 1:15 PM Resumes and Interviews 3:30 PM Meditation Sampler 5:15 PM Beauty 6:30 PM Moves in Rhythm	6 1:00 PM Women's Interest Group 11:00 PM EASTER FRIDAY	7 ... EASTER FRIDAY 11:00 PM EASTER
8 ... EASTER 2:00 PM Cancer Club 11:00 PM EASTER	9 ... EASTER 11:00 PM EASTER MONDAY	10 9:30 AM Healthy Steps 11:00 AM Tai Chi: more experienced ... EASTER MONDAY 12:15 PM Tai Chi: less exp2 1:00 PM Look Good Feel Better 1:30 PM Tea Gathering 3:00 PM Cancervive-a-tri: Swim 3:30 PM Gentle Yoga 5:30 PM Gentle Yoga 7:00 PM Blood Cancer 7:00 PM Ostomy Support Group	11 10:00 AM Colorectal Peer Support 7:00 PM Speaker: Trish Percherak 'Online Search'	12 10:00 AM Creative Journaling 12:00 PM Qi Gong: Spring Forest 1:15 PM Resumes and Interviews 5:15 PM Beauty 6:30 PM Moves in Rhythm 7:00 PM Multiple Myeloma	13 1:00 PM Women's Interest Group 3:00 PM Cancervive-a-Tri: Spin	14 10:00 AM Watercolour: The Next Step
15 9:45 AM Cancer Chic 11:15 AM Restorative Yoga 5:30 PM Tango for the Soul 6:45 PM Exercise and Educate	16	17 10:00 AM Photo Walks 11:00 AM Tai Chi: more experienced 12:15 PM Tai Chi: less exp2 1:30 PM Tea Gathering 3:00 PM Cancervive-a-tri: Swim 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING	18 3:00 PM Healing Journey 3 6:30 PM Brain Tumour	19 10:00 AM Creative Journaling 12:00 PM Qi Gong: Spring Forest 5:15 PM Beauty 6:30 PM Moves in Rhythm	20 1:00 PM Women's Interest Group 3:00 PM Cancervive-a-Tri: Spin	21 10:00 AM Watercolour: The Next Step
22 11:15 AM Restorative Yoga 5:30 PM Tango for the Soul 6:45 PM Exercise and Educate	23 1:30 PM Tea Gathering 3:00 PM Cancervive-a-tri: Swim 7:30 PM Prostate Cancer Canada	24 10:00 AM Healing Journey 1 3:00 PM Healing Journey 3	25 10:00 AM Creative Journaling 5:15 PM Beauty	26 10:00 AM Art Bee 1:00 PM Women's Interest Group 3:00 PM Cancervive-a-Tri: Spin	27 10:00 AM Watercolour: The Next Step	28 10:00 AM Watercolour: The Next Step
29 5:30 PM Tango for the Soul	30 1:30 PM Tea Gathering 3:00 PM Cancervive-a-tri: Swim 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	1 10:00 AM Healing Journey 1 1:00 PM YogaThrive 3:00 PM Healing Journey 3	2 10:00 AM Watercolour: Beginner's Brush 12:00 PM Spring Forest Qi Gong 1:00 PM Visualization and Relaxation 3:30 PM Grief Reflection: Glasgow 5:15 PM Beauty	3 1:00 PM Women's Interest Group 1:00 PM Exercise & Educate 3:00 PM Cancervive-a-Tri: Spin	4	5