

Calendar of Activities - October, November and December

Please note that the following activities - Relaxation, Voices of Hope Choir, Open Art Studio - are offered online or in person on a rotating basis.

Online Activities

In-Person Activities at the Wellness Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Qi Gong Level 1 @ 10 a.m. Fit & Strong @ 1 p.m. Voice of Hope Choir @ 3 p.m.	Reiki 1-on-1 (by appointment) @ 10:30 a.m. or 11:45 a.m. Chair Workout @ 1 p.m. Relaxation (In French) @ 1 p.m. Relaxation @ 2 p.m.	Tai chi @ 10 a.m. Healthy Cooking @ 11 a.m. Open Art Studio @ 12 p.m. Latin Dance Class @ 1 p.m.	Mourning Walk @ 10 a.m. Reiki 1-on-1 (by appointment) @ 10:30 a.m. or 11:45 a.m. Group Reiki @ 1:15 pm.	Friday Feel-Good Yoga @ 10:30 a.m.

SUPPORT GROUPS

Breast Friends Breast Friends Bros's Club Cancer Connects Living with Loss Men's Club Mourning Café Newly Diagnosed with Breast Cancer	October 12, November 9, December 14 @ 1:30 p.m. October 26, November 23, December 28 @ 6:30 p.m. Contact Rick at rickster104@hotmail.com to know the date of the next meeting October 14 & 28 , November 11 & 25 @ 1 p.m. November 1, 15 & 29, December 15 & 27 @ 5 p.m. October 11, November 1st, December 6 @ 5 p.m. October 6, November 3 & 17, December 1, 15 & 29 @ 5 p.m. Closed as October 12
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CONFERENCES

Understanding Cancer Treatments and Side Effects Sex and Cancer Ask the Oncology Dietitian - An Open Forum	October 14 , from 10 a.m. to 11:30 a.m. November 4, from 10 a.m. to 11:30 a.m. November 14, from 10 a.m. to 11:30 a.m.
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WORKSHOPS/ACTIVITIES

Beat the Winter Blues: Singing and Dancing with Albert Collage and Card Making	December 2, from 10 a.m. to 11:30 a.m. Either October 6 OR 27 @ 10:30
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[UPCOMING EVENTS](#) : Regularly check our web calendar for new activities and events