

June 2012

May 2012							June 2012							July 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	4	5						1	2		1	2	3	4	5	6	7
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20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 11:00 AM YogaThrive	28 11:00 AM Restorative Yoga 1:00 PM Moves in Rhythm 5:30 PM Tango for the Soul 6:45 PM Exercise & Educate 7:00 PM Role of the Nurse Navigator	29 9:30 AM Healthy Steps 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	30 10:00 AM Healing Journey 2 10:00 AM New Event 1:00 PM Brain Fog 1:00 PM YogaThrive: level 1 3:00 PM Healing Journey 3 3:30 PM Rediscover Biking 3:30 PM Compassionate Yoga: drop in 6:00 PM Exercise & Educate 7:00 PM PRACTICAL Tools for Caregivers 7:30 PM YogaThrive: level 2	31 10:00 AM Watercolour: Beginner's Brush 12:00 PM Spring Forest Qi Gong 1:00 PM Visualization and Relaxation 1:15 PM Return to Work 1:30 PM Healthy Steps 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm 6:30 PM Bird Strolls	1 10:00 AM Open Studio 1:00 PM Women's Interest Group 2:00 PM Exercise & Educate	2 10:00 AM Creative Journaling 1:00 PM Therapeutic Touch: an introduction
3 11:00 AM YogaThrive	4 11:00 AM Restorative Yoga 1:00 PM Moves in Rhythm 6:00 PM Garden Herb Planting: Kayben Farms 6:45 PM Exercise & Educate	5 9:30 AM Healthy Steps 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	6 10:00 AM Healing Journey 2 1:00 PM YogaThrive: level 1 1:00 PM Brain Fog 3:00 PM Healing Journey 3 3:30 PM Compassionate Yoga: drop in 3:30 PM Rediscover Biking 6:00 PM Exercise & Educate 7:00 PM PRACTICAL Tools for Caregivers 7:30 PM YogaThrive: level 2	7 10:00 AM Creative Journaling 12:00 PM Spring Forest Qi Gong 1:00 PM Visualization and Relaxation 1:15 PM Return to Work 1:30 PM Healthy Steps 3:30 PM Chronic Illness and Grief: Glasgow 3:30 PM Mindful Yoga and Meditaton 6:30 PM Bird Strolls 6:30 PM Moves in Rhythm	8 10:00 AM Open Studio 1:00 PM Women's Interest Group 2:00 PM Exercise & Educate	9 10:00 AM Creative Journaling 1:00 PM Garden Vegetables and Perennials: Linda Howard: Eagle Lk. Nursery
10 11:00 AM YogaThrive 2:00 PM Cancer Club	11 9:30 AM Cancer Chic 11:00 AM Restorative Yoga 1:00 PM Moves in Rhythm 5:30 PM Head & Neck Support Group 6:45 PM Exercise & Educate	12 9:30 AM Healthy Steps 1:00 PM LGFB 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30 7:00 PM Blood Cancer	13 10:00 AM Colorectal Peer Support 10:00 AM Healing Journey 2 1:00 PM Brain Fog 1:00 PM YogaThrive: level 1 3:00 PM Healing Journey 3 3:30 PM Rediscover Biking 3:30 PM Compassionate Yoga: drop in 6:00 PM Exercise & Educate 7:00 PM PRACTICAL Tools for Caregivers 7:30 PM YogaThrive: level 2	14 10:00 AM Creative Journaling 12:00 PM Spring Forest Qi Gong 1:00 PM Visualization and Relaxation 1:15 PM Return to Work 1:30 PM Healthy Steps 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm 6:30 PM Bird Strolls 7:00 PM Multiple Myeloma	15 10:00 AM Food for Care and Comfort: Garden to Table: Kristin Wiens 10:00 AM Open Studio 1:00 PM Women's Interest Group 2:00 PM Exercise & Educate	16 10:00 AM NO CLASS TODAY: Creative Journaling 1:00 PM Emotional Well-Being: Matt Pyatt
17 11:00 AM YogaThrive	18 11:00 AM Restorative Yoga 1:00 PM Moves in Rhythm 2:00 PM Laughter Yoga 6:45 PM Exercise & Educate	19 9:30 AM Healthy Steps 10:00 AM Photo Walks 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING	20 10:00 AM Healing Journey 2 1:00 PM Brain Fog 1:00 PM YogaThrive: level 1 3:30 PM Rediscover Biking 3:30 PM Compassionate Yoga: drop in 6:00 PM Exercise & Educate 6:30 PM Brain Tumour 7:00 PM PRACTICAL Tools for Caregivers 7:30 PM YogaThrive: level 2	21 10:00 AM Creative Journaling 1:00 PM Visualization and Relaxation 1:15 PM Return to Work 1:30 PM Healthy Steps 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm 6:30 PM Bird Strolls	22 10:00 AM Open Studio: HOSTED 1:00 PM Women's Interest Group 2:00 PM Exercise & Educate	23 10:00 AM Creative Journaling
24 11:00 AM YogaThrive	25 11:00 AM Restorative Yoga 1:00 PM Moves in Rhythm 6:45 PM Exercise & Educate	26 9:30 AM Healthy Steps 11:00 AM Tai Chi Summer Sampler (drop-in) 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	27 10:00 AM Healing Journey 2 1:00 PM Brain Fog 1:00 PM YogaThrive: level 1 3:30 PM Compassionate Yoga: drop in 3:30 PM Rediscover Biking 6:00 PM Exercise & Educate 7:30 PM YogaThrive: level 2	28 10:00 AM Creative Journaling 1:00 PM Visualization and Relaxation 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	29 10:00 AM Open Studio 1:00 PM Women's Interest Group 2:00 PM Exercise & Educate	30 10:00 AM Creative Journaling

July 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	1	2	3	4	5	6	7						1	2	3	4
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10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18		
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25		
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 AM YogaThrive	2 11:00 PM NO CLASSES LONG WEEKEND	3 9:30 AM Healthy Steps ... NO CLASSES LONG WEEKEND 1:00 PM LGFB 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	4 10:00 AM Healing Journey 2 1:00 PM Brain Fog 6:00 PM Exercise & Educate	5 10:00 AM Carve Your Own Stamps 1:00 PM Visualization and Relaxation 3:30 PM The Role of Hope in Living: Glasgow 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	6 10:00 AM Garden Glass Gazing Globe 10:00 AM Open Studio 1:00 PM Women's Interest Group	7 10:00 AM Postcard Workshop
8 11:00 AM YogaThrive 2:00 PM Cancer Club	9 11:00 AM Restorative Yoga 6:45 PM Exercise & Educate	10 9:30 AM Healthy Steps 11:00 AM Tai Chi Summer Sampler (drop-in) 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	11 Mindful Mountain Hiking: Lk. Agnes Banff 10:00 AM Healing Journey 2 10:00 AM Colorectal Peer Support 6:00 PM Exercise & Educate	12 10:00 AM Carve Your Own Stamps 1:00 PM Visualization and Relaxation 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	13 10:00 AM Garden Glass Gazing Globe 10:00 AM Open Studio 1:00 PM Women's Interest Group	14
15 11:00 AM Restorative Yoga 6:45 PM Exercise & Educate	16 11:00 AM Restorative Yoga 6:45 PM Exercise & Educate	17 9:30 AM Healthy Steps 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING	18 6:00 PM Exercise & Educate	19 1:00 PM Visualization and Relaxation 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	20 10:00 AM Garden Glass Gazing Globe 10:00 AM Open Studio 1:00 PM Women's Interest Group	21 Mindful Mountain ...and Summit (KAN) 10:00 AM Walking the Dogs: PALS
22 11:00 AM Restorative Yoga 12:00 PM Qi Gong: Dr. Aung: summer retreat 6:45 PM Exercise & Educate	23 11:00 AM Restorative Yoga 12:00 PM Qi Gong: Dr. Aung: summer retreat 6:45 PM Exercise & Educate	24 9:30 AM Healthy Steps 10:45 AM Story in the Photo 11:00 AM Tai Chi Summer Sampler (drop-in) ... Qi Gong: Dr. Aung: summer retreat 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	25 6:00 PM Exercise & Educate	26 1:00 PM NO CLASS TODAY: Vis.&Relax 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	27 10:00 AM Garden Glass Gazing Globe 10:00 AM Open Studio:HOSTED 1:00 PM Women's Interest Group	28 1:00 PM Healthy Steps Half-day Workshop
29 11:00 AM Restorative Yoga 12:00 PM Qi Gong: Dr. Aung: summer retreat 6:45 PM Exercise & Educate	30 11:00 AM Restorative Yoga 12:00 PM Qi Gong: Dr. Aung: summer retreat 6:45 PM Exercise & Educate	31 9:30 AM Healthy Steps 10:45 AM Story in the Photo 1:30 PM Tea Gathering 3:30 PM Gentle Yoga 3:30 5:30 PM Gentle Yoga 5:30	1 Mindful Mountain ...e Meadows (BANFF) 6:00 PM Exercise & Educate	2 1:00 PM NO CLASS TODAY: Vis.&Relax 3:30 PM Befriending the Depth and Reality of Sorrow: Glasgow 3:30 PM Mindful Yoga and Meditaton 6:30 PM Moves in Rhythm	3 10:00 AM Open Studio 1:00 PM Women's Interest Group	4

August 2012

July 2012							August 2012							September 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	4	5	6	7				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <ul style="list-style-type: none"> ■ 11:00 AM Restorative Yoga ■ 12:00 PM Qi Gong: Dr. Aung: summer retreat ■ 6:45 PM Exercise & Educate 	30 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 10:45 AM Story in the Photo ■ 1:30 PM Tea Gathering ■ 3:30 PM Gentle Yoga 3:30 ■ 5:30 PM Gentle Yoga 5:30 	31 <ul style="list-style-type: none"> ■ Mindful Mountain ...e Meadows (BANFF) ■ 6:00 PM Exercise & Educate 	1 <ul style="list-style-type: none"> ■ 1:00 PM NO CLASS TODAY: Vis.&Relax ■ 3:30 PM Befriending the Depth and Reality of Sorrow: Glasgow ■ 3:30 PM Mindful Yoga and Meditaton ■ 6:30 PM Moves in Rhythm 	2 <ul style="list-style-type: none"> ■ 10:00 AM Open Studio ■ 1:00 PM Women's Interest Group 	3	4
5 <ul style="list-style-type: none"> ■ 2:00 PM NO CLASSES LONG WEEKEND 	6 <ul style="list-style-type: none"> ■ 9:30 AM Healthy Steps ■ 10:45 AM Story in the Photo ■ 11:00 AM Tai Chi Summer Sampler (drop-in) ■ 1:30 PM Tea Gathering 	7 <ul style="list-style-type: none"> ■ 10:00 AM Colorectal Peer Support ■ 6:00 PM Exercise & Educate 	8 <ul style="list-style-type: none"> ■ 1:00 PM Visualization & Relaxation ■ 3:30 PM Mindful Yoga and Meditaton ■ 6:30 PM Moves in Rhythm ■ 7:00 PM Multiple Myeloma (2 rooms) 	9 <ul style="list-style-type: none"> ■ 10:00 AM Open Studio ■ 1:00 PM Women's Interest Group 	10 <ul style="list-style-type: none"> ■ Mindful Mountain ...lacier (KOOTENAY) 	11
12 <ul style="list-style-type: none"> ■ 2:00 PM Cancer Club 	13 <ul style="list-style-type: none"> ■ 11:00 AM Restorative Yoga ■ 6:45 PM Exercise & Educate 	14 <ul style="list-style-type: none"> ■ 10:45 AM Story in the Photo ■ 1:00 PM LGFB ■ 1:30 PM Tea Gathering 	15 <ul style="list-style-type: none"> ■ Mindful Mountain ...: Elbow Lake (KAN) 	16 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Just for Fun ■ 1:00 PM Visualization & Relaxation ■ 3:30 PM Mindful Yoga and Meditaton 	17 <ul style="list-style-type: none"> ■ 10:00 AM Open Studio ■ 1:00 PM Women's Interest Group 	18 <ul style="list-style-type: none"> ■ 10:00 AM Artist Trading Cards
19 <ul style="list-style-type: none"> ■ 11:00 AM Restorative Yoga ■ 6:45 PM Exercise & Educate 	20 <ul style="list-style-type: none"> ■ 10:45 AM Story in the Photo ■ 11:00 AM Tai Chi Summer Sampler (drop-in) ■ 1:30 PM Tea Gathering ■ 7:00 PM Hereditary Breast and Ovarian Cancer group: PLEASE PHONE TO REQUEST MEETING 	21	22 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Just for Fun 	23 <ul style="list-style-type: none"> ■ 10:00 AM Open Studio: HOSTED ■ 1:00 PM Women's Interest Group 	24 <ul style="list-style-type: none"> ■ 10:00 AM Silent Retreat for Creatives 	25
26 <ul style="list-style-type: none"> ■ 11:00 AM Restorative Yoga 	27 <ul style="list-style-type: none"> ■ 10:45 AM Story in the Photo 	28	29 <ul style="list-style-type: none"> ■ 10:00 AM Watercolour: Just for Fun 	30	31	1