

NOVEMBER 2011 PROGRAM CALENDAR

What's up at Gilda's Club



GILDA'S CLUB SIMCOE MUSKOKA

Gilda's Club is a free support community of women, men, children and teens with cancer, and those supporting them.

705 726 5199

www.gildasclubsimcoemuskoka.org



10 Quarry Ridge Rd.
Barrie Ontario
L4M 7G1
705 726 5199

An Affiliate of the
CANCER SUPPORT COMMUNITY

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GILDA'S CLUB SIMCOE MUSKOKA So That No One Faces Cancer Alone



To Become a Member

Membership at Gilda's Club Simcoe Muskoka is **FREE**, and is a simple two part process.

1. Call and register for a New Member Meeting
2. Complete the Customized Membership Plan

New Member Meetings

Interested in learning more about Gilda's Club, how to become a Member and having a tour of the Clubhouse? Please join us for a New Member Meeting open to all adults living with cancer along with their family and friends.

Thursday November 3rd from 7 - 8pm
Friday November 11th from 1 - 2pm
Saturday November 19th from 10 - 11am
Wednesday November 30th from 7 - 8pm

To sign up for a New Member Meeting please contact the Program staff at **(705) 726-5199**.

Noogieland

Noogieland is the part of our Program for children and teens impacted by cancer, whether the child has been diagnosed with cancer, has a family member or friend with cancer, or has had a family member or friend die from cancer. Please contact Program Staff at **(705) 726-5199** for more information.

SUPPORT AND NETWORKING GROUPS

All Support and Networking Groups are facilitated by licensed mental health professionals. To participate, you must be a Member of Gilda's Club Simcoe Muskoka. **To join one of these groups, please contact Program staff at (705)726-5199.** A brief description of each of these respective groups can be found below:

Wellness Support Group: This weekly support group is for people living with a cancer diagnosis. Members share feelings, thoughts & experiences related to living with cancer.

Tuesdays from 1:00 - 3:00pm

Family & Friends Support Group: This weekly support group is for adult family and friends to share feelings, thoughts and experiences about supporting someone living with cancer.

Thursdays from 6:00 - 8:00pm

Living With Loss Support Group:

A bi-weekly support group for Members who have had a friend or family member die of cancer.

Member Information

It is important that you register for any activity you wish to attend at least **24 HOURS IN ADVANCE** so that we are able to appropriately plan for materials and room set up and/or can contact you in the event that we should need to cancel. If you have registered for and are unable to attend an activity, please try to give us as much notice as possible. To avoid the spread of germs, we ask that you please refrain from coming to Gilda's Club if you are sick.

CLUBHOUSE HOURS

Monday*	9:00am – 4:00pm & selected Mondays until 8:30pm
Tuesday	9:00am – 4:00pm
Wednesday	9:00am – 8:30pm
Thursday	9:00am – 8:30pm
Friday	9:00am – 4:00pm
Selected Saturdays*	9:00am – 2:30pm

*Please check the Program Calendar monthly

The 2nd and 4th Thursday of every month from 6:30 - 8:30pm (November 10th & 24th)

Living With Dying Support Group:

A monthly support group for Members with cancer to share about end of life issues.

The 4th Thursday of every month from 10 - 11:30am (November 24th)

Metastatic & Recurrent Networking Group:

This monthly networking group is for adults whose cancer has metastasized and/or reoccurred. This group is an opportunity to share information & experiences with others.

The 2nd Wednesday of every month from 10 - 11:30am (November 9th)

Breast Cancer Networking Group: A monthly networking group for those living with a Breast Cancer diagnosis. This group is an opportunity to share information & experiences with others.

The 3rd Wednesday of every month from 1 - 2:30pm (November 16th)

CONT'D...



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SUPPORT AND NETWORKING GROUPS CONT'D

Couples Communication & Cancer Networking Group:

A monthly networking group for those living with a cancer diagnosis and their life-partners. This group is an opportunity to share information & experiences with other couples.

Saturday November 12th from 10 - 11:30am

**** Noogieland can be provided with advance notice ****

Post-Treatment Networking Group:

Join us for this monthly networking group for those who have finished their cancer treatment (6mos-1yr+) and are looking to connect with others about the issues and topics related to the next stage in their cancer journey.

Saturday November 19th from 9am - 10:30am

**** Noogieland can be provided with advance notice ****

Parenting Through Cancer Networking Group:

This monthly networking group is for those who are living with their own cancer diagnosis, that of a family member or friend, and who are supporting children in coping with this diagnosis.

Saturday November 19th from 11am - 12:30pm

**** Noogieland can be provided with advance notice ****

Blood Cancers Networking Group ~ Have you been diagnosed with a **Blood Cancer**? Looking to connect with others with a similar diagnosis to share resources, information and experiences? We are currently exploring and recruiting for a new once a month **Blood Cancers Networking Group**. For more information and/or to register, please contact Program staff at (705) 726-5199 or program@gildasclubbarrie.org

Gynaecological Cancers Networking Group ~ Have you been diagnosed with a **Gynaecological Cancer**? Looking to connect with others with a similar diagnosis to share resources, information and experiences? We are currently exploring and recruiting for a new once a month **Gynaecological Cancers Networking Group**. For more information and/or to register, please contact Program staff at (705) 726-5199 or program@gildasclubbarrie.org

Special Events for NOVEMBER: WORKSHOPS & LECTURES

In order to appropriately plan for materials and room set up, it is extremely important that you register at least 24 hours in advance for any and ALL activities you wish to attend. You can do so by calling (705)726-5199 or by emailing program@gildasclubbarrie.org

HEALTH & FITNESS

Members please join our fabulous certified instructors in comfortable clothing for one of these exciting workshops.

Dancing 'Round the World: Shake off the cold with the earthy movements of the Middle-East. Join us this month for belly-dancing. Open to all ages, shapes and sizes!

Wednesday November 2nd & 16th from 6:30 - 7:30pm

YOGA: Members 16 yrs + will have the opportunity of the 3 R's... Rest, Restore and Renew.

Monday November 7th from 7 - 8pm *EVENING CLASS*

Wednesday November 9th from 10:30 - 11:45am

Monday November 28th from 10 - 11am

ZUMBA: Classes feature exotic rhythms set to high-energy Latin and international beats and before you know it, you're getting fit and your energy level is increasing! For Members 16 yrs +.

Thurs. Nov. 3rd and Wed Nov. 23rd from 11am - 12pm

Pilates (puh-lah-tees): New to Gilda's Club "Combining a unique series of exercises that concentrate on breathing techniques and favors fluidity over excessive strain on the body," join Instructor Monica Tranter **the last Thursday of every month from 9:30 - 10:30am. (November 24th)**

Balls Bouncin': Members 16 yrs + please join us as Tanya guides us through different stretches using the large exercise balls. Exercise balls are available, but please feel free to bring along your own! **Thursday November 17th from 11am - 12pm**



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Special Events for NOVEMBER: WORKSHOPS & LECTURES CONTINUED ...

FOR ART'S SAKE:

An opportunity for Members to explore various mediums of arts including painting, sculpting, drawing, photography and writing. This month plan to join us for:

Steampunk Jewelry-Making: Join artist Dania Ellis as she introduces us to a unique style of jewelry-making using a blend of small mechanical pieces (wind-up watches etc...) and broken jewelry to create individual one-of-a-kind pieces. This workshop is limited to 10 Members, so please sign up early.

Monday November 14th from 6:30 - 8:30pm

A Brush in Time: Join artist Carol Robinson as she introduces the art, technique and beauty of watercolour painting. Discover the infinite possibilities, creativity and relaxation found in the palette of watercolour. All supplies provided and absolutely no experience required! For Members 14yrs +.

Wednesday November 16th from 6:30 - 8:30pm

Art Play: Looking for something a little different? Come and spend some creative time with artist Christine Leicht. Bring your playful spirit of adventure for some messy, colourful fun!

New Date: Monday November 21st from 6:30 - 8:30pm

We're Some Crafty: Come to Gilda's Club and have an opportunity to explore all things crafty! This month, Gilda's Club will be hosting:

Gilda's Guild: Do you want to learn how to sew, crochet, or knit – or are you already an expert? We invite all to come to our monthly Gilda's Guild facilitated by the fabulous Carole Smart. Supplies provided or bring your own!

Now weekly on Tuesdays from 10am - 12pm

Club Scappy: Join Creative Memories consultant Mary Stanton for some quick and easy techniques to capture *photos, stories, thoughts, and mementos* through scrapbooking. Bring a few photos or special mementos and we'll supply the rest!

Thursday November 24th from 10am - 12pm

Cancer Transitions:

Cancer Transitions is a FREE one day workshop designed to support cancer survivors make the transition from active treatment to post-treatment life. Addressing many of your questions about cancer survivorship after treatment, this course covers the following topics:

Get Back to Wellness: Take Control of Your Survivorship

Exercise for Wellness: Customized Exercise

Emotional Health & Well-Being: From Patient to Survivor

Nutrition Beyond Cancer

Medical Management Beyond Cancer: What You Need to Know

Life Beyond Cancer

Goal Setting for a New Normal

Pre-registration for this full day workshop is required.

For more information, please contact Program Director, Kristen Dawson at (705) 726-5199 or program@gildasclubbarrie.org

New Date: Saturday November 12th from 9am - 5pm

The Resonance Project:

Continuing from October, this dynamic 6-week art workshop for adults will focus on developing specific skills in working with acrylic paints, photocopy transfers and collage. Join Artist Claudia McKnight as she provides an overview of the contemporary use of collage and spurs on your own creative exploration! No previous experience required! ** Workshops for children and teens to follow in coming months**

Tuesdays: November 1st - November 22nd from 6 - 8:30pm



GILDA'S CLUB SIMCOE MUSKOKA - NOVEMBER 2011

So That No One Faces Cancer Alone



monday	tuesday	wednesday	thursday	friday	saturday
<p>CLUBHOUSE HOURS ARE: MON, TUES & FRI: 9am - 4pm selected Mondays until 8:30pm* WED & THURS: 9am - 8:30pm SELECTED SATURDAYS: 9am - 2:30pm <i>*Please check Program Calendar monthly</i></p>	<p>1 10:00am - 12:00pm: Gilda's Guild 1:00 - 3:00pm: Wellness Support Group 6:00 - 8:30pm: The Resonance Project</p>	<p>2 6:30 - 7:30pm: Dancing 'Round the World - Belly Dancing</p>	<p>3 11:00am - 12:00pm: ZUMBA 6:00 - 8:00pm: Family & Friends Support Group 7:00 - 8:00pm: <i>New Member Meeting</i></p>	<p>4 9:30am - 11:00am: Coffee Talk Breakfast Club</p>	<p>5 CLUBHOUSE CLOSED</p>
<p>7 7:00pm - 8:00pm: YOGA</p>	<p>8 10:00am - 12:00pm: Gilda's Guild 1:00pm - 3:00pm: Wellness Support Group 6:00 - 8:30pm: The Resonance Project</p>	<p>9 10:30am - 11:45am: YOGA 10 - 11:30am: Metastatic & Recurrent Networking Group 6:30 - 8:30pm: Family Games Night</p>	<p>10 6:00 - 8:00pm: Family & Friends Support Group 6:30 - 8:30pm: Living with Loss Support Group 6:30 - 8:30pm: "The Big C" – Season 2</p>	<p>11 10:00 - 11:00am: Coffee Talk 1:00 - 2pm: <i>New Member Meeting</i></p>	<p>12 9am - 5pm: Cancer Transitions 10 - 11:30am: Couples, Communication & Cancer Networking Group 11am - 12:30pm: Singles Coffee Talk 1:00pm - 2:30pm: Gilda's Giddy Glee Club</p>
<p>14 6:30 - 8:30pm: Steampunk Jewelry-Making</p>	<p>15 10:00am - 12:00pm: Gilda's Guild 1:00 - 3:00pm: Wellness Support Group 6:00 - 8:30pm: The Resonance Project</p>	<p>16 1:00 - 2:30pm: Breast Cancer Networking Group 6:30 - 7:30pm: Dancing 'Round the World - Belly Dancing 6:30 - 8:30pm: A Brush In Time</p>	<p>17 11:00am - 12pm: Balls Bouncin' 6:00 - 8:00pm: Family & Friends Support Group 6:30 - 8:30pm: When the Chips Are Down</p>	<p>18 10:00 - 11:00am: Coffee Talk 11:00am - 12:00pm: Dog-erapy</p>	<p>19 9:00am - 5:00pm: Empower 9:00 - 10:30am: Post-Treatment Networking Group 10:00 - 11:00am: <i>New Member Meeting</i> 11:00am - 12:30pm: Parenting Through Cancer Networking Group</p>
<p>21 6:30 - 8:30pm: Guys Night In 6:30 - 8:30pm: Art Play 6:30 - 8:30pm: NoogieNights ~ Sush-we! & Ah-Choo!</p>	<p>22 10:00am - 12:00pm: Gilda's Guild 11:00am - 1:00pm: Soup's On 1:00 - 3:00pm: Wellness Support Group 6:00 - 8:30pm: The Resonance Project</p>	<p>23 11:00am - 12:00pm: ZUMBA 6:30 - 8:30pm: Deconstructing Breast Reconstruction</p>	<p>24 9:30 - 10:30am: Pilates 10:00 - 11:30am: Living with Dying Support Group 10:00am - 12:00pm: Club Scrappy 5:00 - 6:30pm: Ravenous Readers Book Club 6:00 - 8:00pm: Family & Friends Support Group 6:30 - 8:30pm: Living with Loss Support Group</p>	<p>25 10:00 - 11:00am: Coffee Talk 11:00am - 12:00pm: Dog-erapy</p>	<p>26 CLUBHOUSE CLOSED</p>
<p>28 10:00am - 11:00am: YOGA</p>	<p>29 10:00am - 12:00pm: Gilda's Guild 1:00 - 3:00pm: Wellness Support Group</p>	<p>30 11:00am - 1:00pm: Gilda's Afternoon Low Tea 6:30 - 8:30pm: Healthy Eating During The Holidays 7:00 - 8:00pm: <i>New Member Meeting</i></p>			<p>GILDA'S CLUB SIMCOE MUSKOKA 10 Quarry Ridge Road, Barrie ON L4M 7G1 Visit our website at www.gildasclubsimcoemuskoka.org</p>



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So That No One Faces Cancer Alone

Special Events for NOVEMBER: WORKSHOPS & LECTURES CONTINUED ...

EMPOWER: EMPOWER is a FREE one day workshop designed to support the family and friends of cancer survivors as they make the transition from active treatment to post-treatment life. This workshop is for family members and friends of those who have completed cancer treatment within the past 2 years and will cover such topics as:

- Healthy Living: Exercise and Nutrition
- Empowerment for Survivorship
- Emotional Well-Being: Coping and Communication
- Medical Management, Practical Issues, and Finding Meaning
- Goal Setting for a New Normal

In addition to the one day workshop you will receive a comprehensive manual and a 'booster' session one month after the workshop to check in and see how you are doing.

Saturday November 19th from 9am - 5pm

Pre-registration for this full day workshop is required.

For more information, please contact Program Director, Kristen Dawson at (705) 726-5199 or program@gildasclubbarrie.org

**** NoogieLand available with advance notice ****

Deconstructing Breast Reconstruction: We warmly welcome Dr. Renee Hanrahan, practicing general surgeon and member of the Simcoe-Muskoka Regional Cancer Centre in Barrie, to Gilda's Club for this informative lecture on the intricacies, considerations, and practice of breast reconstruction related to a cancer diagnosis.
Wednesday November 23rd from 6:30 - 8:30pm

Healthy Eating, During the Holidays: "The most wonderful time of the year" is back, and that means one thing: notorious holiday parties! Between the office buffet, the neighbourhood open house, family gatherings and community get-togethers, sticking to a healthy eating plan becomes, well, difficult to say the least. Join Registered Dietitian Shona MacDonald, to learn some easy ways to eat healthier during the holidays!
Wednesday November 30th from 6:30 - 8:30pm

Social Activities for NOVEMBER:

Coffee Talk Breakfast Club: Drop-in for a yummy breakfast followed by our regular Coffee Talk.
1st Friday of every month from 9:30 - 11am (Nov. 4th)

Coffee Talk: Drop-in for a cup of coffee, a chat if you like or just a slow start to your morning.
Friday Mornings from 10am - 11am

Family Games Night: : Come one and come all to a night of silliness, laughter and healthy competition as we break into teams for various games including charades, trivial pursuit and others! There will be a wide variety of games so that all ages can participate.

Wednesday November 9th from 6:30 - 8:30pm

"The Big C" Club:
If you got hooked on the Showtime Series "The Big C" and wondered if we were going to play Season 2, wonder no more. We will be watching episodes from this poignant drama series about one woman's journey with a terminal cancer diagnosis.

Due to the graphic content and language, screenings are limited to those 18yrs +.

Thursday November 10th from 6:30 - 8:30pm

Singles Coffee Talk: A monthly social group for single Members 18yrs+ to meet other singles and share experiences and information. Please check the calendar monthly for dates.

Saturday November 12th 11am - 12:30pm

Gilda's Giddy Glee Club:
Do you sound fabulous singing in your car? Even better in the shower? Then we need YOU! Calling Members of all ages, no experience, pitch or even tone needed!

Saturday November 12th from 1pm - 2:30pm

All workshops and lectures are facilitated by experts in the field with the support of trained volunteers.



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Social Activities for NOVEMBER:

When the Chips are Down: Swing by Gilda's Club and learn how to play Texas Hold 'Em with Kelly Cahill. We will be playing for M & M's so the competition will be fierce!

The 3rd Thursday of every month from 6:30 - 8:30pm (November 17th)

Guys Night In: Come and enjoy an night of snacks, great conversation and entertainment with the 18yrs+ "men"bership here at Gilda's Club Simcoe Muskoka.

Monday November 21st from 6:30 - 8:30pm

DOG-erapy!: Come and meet Lady Godiva (Diva) and Laura Secord (Laura), two cocker spaniels through the St John Ambulance "Community Cares Service" Pet Therapy Program!

Friday November 18th & 25th from 11am - 12pm

Soup's On: The season for harvesting vegetables is upon us, so we will be taking full advantage of all mother-nature has to offer. This month's menu consists of Carrot Orange Soup & Tea Biscuits. Check back each month for a variety of soups.

Tuesday November 22nd from 11am-1pm

Ravenous Readers Book Club: If you enjoy reading or maybe you would like to start, join us for our monthly Book Club.

Thursday November 24th from 5 - 6:30pm

Gilda's Afternoon Low Tea: Barb, Nancy, Janine & friends, invite you to stop by for a special soup and biscuit lunch with old friends and new!

The last Wednesday of each month from 11am - 1pm (November 30th)

KIDS, TEENS & IN-beTWEENS

NoogieNights:

Sush-we!

A little bit of shake, a dash of rattle and whole lotta roll! Calling all Members ages 12-16 yrs to join us as we learn how to make sushi.

Monday November 21st from 6:30 - 8:30pm

Ah-Choo!

Pass the tissues and see all the crafty creations we can make! A collage, flowers, stained glass and more! Open to ages 4-11 yrs.

Monday November 21st from 6:30 - 8:30pm

In order to appropriately plan for materials and room set up, it is extremely important that you register for any activity you wish to attend. You can do so by calling (705)726-5199 or by emailing program@gildasclubbarrie.org