

# FEBRUARY 2012 PROGRAM CALENDAR

## What's up at Gilda's Club

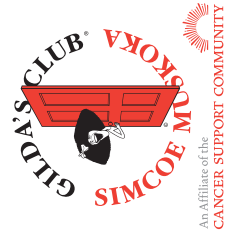


### GILDA'S CLUB SIMCOE MUSKOKA

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](http://www.gildasclubsimcoemuskoka.org)



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



## FEBRUARY 2012 PROGRAM CALENDAR

### 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.

**Monday February 6th** from 2 - 3pm  
**Tuesday February 14th** from 6:30 - 7:30pm  
**Saturday February 18th** from 11am - 12pm  
**Monday February 27th** from 10 - 11am

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.

**Wednesdays and 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

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

\*Please check the Program Calendar monthly

**The 2nd and 4th Thursday of every month from 6:30 - 8:30pm (February 9th & 23rd)**

#### 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 (February 23rd)**

#### 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 (February 8th)**

#### 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 February 11th from 10 - 11:30am**

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

**CONT'D...**



# FEBRUARY 2012 PROGRAM CALENDAR

## GILDA'S CLUB SIMCOE MUSKOKA

So That No One Faces Cancer Alone



### SUPPORT AND NETWORKING GROUPS CONT'D

**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 (February 15th)**

**Blood Cancers Networking Group:**

Join us for this monthly networking group for those living with a Blood Cancer diagnosis. This group is an opportunity to share information & experiences with others.

**The 3rd Wednesday of every month from 1 - 2:30pm (February 15th)**

**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 February 18th from 11am - 12:30pm**

**\*\* 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 February 18th from 9 - 10:30am**

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

**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 FEBRUARY: WORKSHOPS & LECTURES

#### HEALTH & FITNESS

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

**Belly-Up:** Shake off the cold with Catherine Dougherty and the earthy movements of the Middle-East. Join us for laughter and some belly-dancing. Open to all ages, shapes and sizes!

**Wednesday February 1st & 29th from 6:30 - 7:30pm**

**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 +.

**Thursday February 2nd from 11am - 12pm**

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

**Monday February 6th .....from 10 - 11am**

**Monday February 6th .....from 6:30 - 7:30pm**

**Thursday February 9th .....from 10:30 - 11:45am**

**Monday February 13th .....from 9:30 - 10:30am**

**Monday February 27th .....from 9:30 - 10:30am**

**Tuesday February 28th .....from 11am - 12pm**

**Laughter YOGA:** Join us for an evening of yoga breathing and laughter with Christine Dhamrait. The goal is to put joy into exercise and absolutely no experience is necessary. All ages welcome.

**Monday February 6th from 5:30 - 6:30pm**

**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 February 16th from 11am - 12pm**

**Nia:** It draws from disciplines of the martial arts, dance arts, and healing arts. Join Anja Gurnig as she guides us through the moves.

**Saturday February 18th from 11am - 12:15pm**

**Pilates (puh-lah-tees):** "Combining a unique series of exercises that concentrate on breathing techniques and favours fluidity over excessive strain on the body," so come and join our Instructor Joanne Rachfalowski.

**The 4th Wednesday of every month from 9:30 - 10:30am (February 22nd)**



# FEBRUARY 2012 PROGRAM CALENDAR

## GILDA'S CLUB SIMCOE MUSKOKA

So That No One Faces Cancer Alone



### Special Events for FEBRUARY: WORKSHOPS & LECTURES CONTINUED ...

#### 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 weekly Gilda's Guild facilitated by the fabulous Carole Smart. Supplies provided or bring your own!

**Weekly on Tuesdays from 10am - 12pm**

**Club Scrappy:** 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!

**The 4th Wednesday of the month from 9:30 - 11am (February 22nd)**

**Rancho Relaxo:** Join Linda Peacock for an evening of guided imagery and visualization, relaxation and breathing techniques. Open to Members ages 18yrs+.

**Wednesday February 15th from 6:30 - 8:30pm**

**You Need A Form For That (Medical Expenses & Revenue Canada):** Join Allen Loyd M.Ec., Outreach Coordinator and Resources Officer with Revenue Canada, as he explains eligible medical expenses and how to apply to claim the Disability Amount. This session is open to Members and those of the public seeking information on medical expenses related to a cancer diagnosis.

**Thursday February 16th from 6:30 - 8:30pm**

#### FOR ART'S SAKE:

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

**Open Art Studio:** Come and finish those art projects that you have here at the Clubhouse or start a new one on your own.

**Thursday February 9th from 1 - 4pm**

**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 February 8th from 6:30 - 8:30pm**

**Encaustic Painting with Patty:** Using highly pigmented wax and a variety of tools including everything from a heated iron to a toothpick, join us for this creative discovery in working with wax! Open to 18 yrs +.

**Tuesday February 7th from 11am - 1pm & Thursday February 23rd from 6 - 8pm**

**The Resonance Project:** 

This dynamic workshop for children 9-11 yrs will focus on developing skills in 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!

**Tuesdays January 24th - February 28th from 6:15 - 8pm**

**COMING IN MARCH! The Resonance Project for teens and tweens ages 11-19yrs:**

A limited number of spots are available and will be selected by lottery on Friday March 9th.

**Tuesdays March 20th - April 24th from 6 - 8pm**

*\*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\**



# GILDA'S CLUB SIMCOE MUSKOKA - FEBRUARY 2012

So That No One Faces Cancer Alone



monday	tuesday	wednesday	thursday	friday	saturday
<p><b>CLUBHOUSE HOURS ARE:</b>  <b>MON, TUES &amp; FRI: 9am - 4pm</b>  <b>selected Mondays until 8:30pm*</b>  <b>WED &amp; THURS: 9am - 8:30pm</b>  <b>SELECTED SATURDAYS: 9am - 2:30pm</b>  <i>*Please check Program Calendar monthly</i></p>	<p><b>GILDA'S CLUB SIMCOE MUSKOKA</b>  <b>10 Quarry Ridge Road, Barrie ON L4M 7G1</b>            Visit our website at <a href="http://www.gildasclubsimcoemuskoka.org">www.gildasclubsimcoemuskoka.org</a></p>	<p><b>1</b>  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 7:30pm:</b> Belly Up</p>	<p><b>2</b>  <b>11:00am - 12:00pm:</b> ZUMBA  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group</p>	<p><b>3</b>  <b>9:30am - 11:00am:</b> Coffee Talk Breakfast Club  <b>11:00am - 2:00pm:</b> Trivial Pursuit Team Challenge</p>	<p><b>4</b>  <b>CLUBHOUSE CLOSED</b></p>
<p><b>6</b>  <b>10:00 - 11:00am:</b> YOGA  <b>2:00 - 3:00pm:</b> <i>New Member Meeting</i>  <b>5:30 - 6:30pm:</b> Laughter Yoga  <b>6:30 - 7:30pm:</b> YOGA</p>	<p><b>7</b>  <b>10:00am - 12:00pm:</b> Gilda's Guild  <b>11:00am - 1:00pm:</b> Encaustic Painting with Patty  <b>1:00pm - 3:00pm:</b> Wellness Support Group  <b>6:15 - 8:00pm:</b> The Resonance Project</p>	<p><b>8</b>  <b>10:00am - 11:30am:</b> Metastatic &amp; Recurrent Networking Group  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 8:30pm:</b> A Brush in Time</p>	<p><b>9</b>  <b>10:30am - 11:45am:</b> YOGA  <b>1:00 - 4:00pm:</b> Open Art Studio  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 8:30pm:</b> Living with Loss Support Group</p>	<p><b>10</b>  <b>10:00 - 11:00am:</b> Coffee Talk  <b>10:30 - 11:30am:</b> Dog-erapy</p>	<p><b>11</b>  <b>10 - 11:30am:</b> Couples Communication &amp; Cancer Networking Group  <b>11am - 12:30pm:</b> Coffee Talk for Singles  <b>1:00pm - 2:30pm:</b> Gilda's Giddy Glee Club</p>
<p><b>13</b>  <b>9:30 - 10:30am:</b> YOGA</p>	<p><b>14</b>  <b>10:00am - 12:00pm:</b> Gilda's Guild  <b>1:00 - 3:00pm:</b> Wellness Support Group  <b>6:15 - 8:00pm:</b> The Resonance Project  <b>6:30 - 7:30pm:</b> <i>New Member Meeting</i>  <i>Happy Valentine's Day</i></p>	<p><b>15</b>  <b>1pm - 2:30pm:</b> Breast Cancer Networking Group  <b>1pm - 2:30pm:</b> Blood Cancers Networking Group  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 8:30pm:</b> Rancho Relaxo</p>	<p><b>16</b>  <b>11:00am - 12:00pm:</b> Balls Bouncin'  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 8:30pm:</b> You Need A Form For That - Medical Expenses and Revenue Canada  <b>6:30 - 8:30pm:</b> NoogieNights: Kids, Cookies &amp; Crafts</p>	<p><b>17</b>  <b>10:00 - 11:00am:</b> Coffee Talk</p>	<p><b>18</b>  <b>9:00 - 10:30am:</b> Post-Treatment Networking Group  <b>10:00am - 12:00pm:</b> Encaustic Painting for Teens  <b>11:00am - 12:00pm:</b> <i>New Member Meeting</i>  <b>11:00am - 12:15pm:</b> Nia  <b>11:00am - 12:30pm:</b> Parenting Through Cancer Networking Group</p>
<p><b>20</b>  <b>CLUBHOUSE CLOSED</b>  <i>Family Day</i></p>	<p><b>21</b>  <b>10:00am - 12:00pm:</b> Gilda's Guild  <b>1:00 - 3:00pm:</b> Wellness Support Group  <b>6:00 - 8:00pm:</b> Gilda's Mardi Gras Potluck  <b>6:15 - 8:00pm:</b> The Resonance Project</p>	<p><b>22</b>  <b>9:30am - 10:30am:</b> Pilates  <b>9:30am - 11:00am:</b> Club Scrappy  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 8:30pm:</b> Guys Night In</p>	<p><b>23</b>  <b>10:00 - 11:30am:</b> Living with Dying Support Group  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:00 - 8:00pm:</b> Encaustic Painting with Patty  <b>6:30 - 8:30pm:</b> Living with Loss Support Group</p>	<p><b>24</b>  <b>10:00 - 11:00am:</b> Coffee Talk  <b>6:00 - 10:30pm:</b> Girls Just Wanna...</p>	<p><b>25</b>  <b>CLUBHOUSE CLOSED</b></p>
<p><b>27</b>  <b>9:30 - 10:30am:</b> YOGA  <b>10:00 - 11:00am:</b> <i>New Member Meeting</i></p>	<p><b>28</b>  <b>10:00am - 12:00pm:</b> Gilda's Guild  <b>11:00am - 12:00pm:</b> YOGA  <b>1:00 - 3:00pm:</b> Wellness Support Group  <b>6:15 - 8:00pm:</b> The Resonance Project</p>	<p><b>29</b>  <b>6:00 - 8:00pm:</b> Family &amp; Friends Support Group  <b>6:30 - 7:30pm:</b> Belly Up</p>			

Please sign up for all activities & events at: 705 726 5199 or [program@gildasclubbarrie.org](mailto:program@gildasclubbarrie.org)



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



### Social Activities for FEBRUARY:

**Coffee Talk Breakfast Club:** Join us this month for oatmeal, pancakes, coffee, tea & company.  
**1st Friday of every month from 9:30 - 11am (February 3rd)**

**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 10 - 11am**

**Trivial Pursuit Team Challenge:** Come one and come all to an afternoon of silliness, laughter and healthy competition as we break into teams for Trivial Pursuit. This is open to 18yrs+.  
**Friday February 3rd from 11am - 2pm**

**Gilda's Superbowl Tailgate Party:** Get in the game and be here to kick-off Gilda's second annual Family Superbowl Tailgate Party. Pre-game, BBQ, snacks, and of course THE GAME will be on the roster!!!  
**Sunday February 5th from 5:00 - 9:30pm**

**DOG-erapy!:** Come and play with Lady Godiva (Diva) and Laura Secord (Laura), two cocker spaniels through the St. John Ambulance "Community Cares Service" Pet Therapy Program.  
**Friday February 10th from 10:30 - 11:30am**

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

**Coffee Talk for Singles:**  
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 February 11th from 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 February 11th from 1pm - 2:30pm**

**Gilda's Mardi Gras Potluck:** Come one, come all to collect Mardi Gras beads, and enjoy some Jambalaya. As they say in New Orleans "laissez les bon temps rouler." Members are welcome to bring a "southern-inspired" potluck item!  
**Tuesday February 21st from 6 - 8pm**

**Guys Night In:** Come and enjoy a night of snacks, great conversation and entertainment with the 18yrs+ "men"bership here at Gilda's Club Simcoe Muskoka.  
**Wednesday February 22nd from 6:30 - 8:30pm**

**"Girls Just Wanna":**  
Calling all the ladies, plan to join us for a fun evening of munchies, jammies, karaoke, and gabbing. Hearken back to the days of ol' with this non-slumber, slumber party for our 18yrs+ "women"bership!

**Friday February 24th from 6 - 10:30pm**



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**GILDA'S CLUB SIMCOE MUSKOKA**  
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### Social Activities for FEBRUARY:

#### KIDS, TEENS & IN-beTWEENS

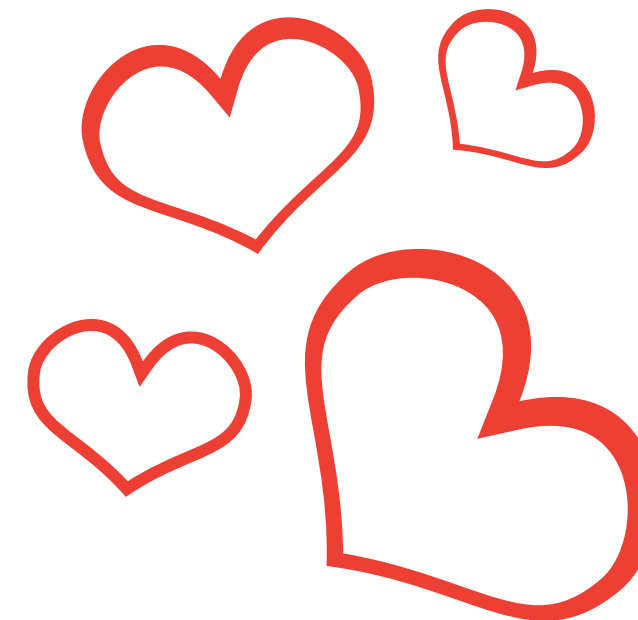
#### NoogieDays / NoogieNights:

**Kids, Cookies & Crafts (We Heart You!)**  
Bring your sweet tooth and your creative mind to Gilda's Club. We will bake and decorate heart cookies then paint our own unique picture.  
**Thursday February 16th from 6:30 - 8:30pm**

**Teen Scene**  
This month the group will have a lesson in encaustic painting with Patty Chapman. Using highly pigmented wax and a variety of tools including everything from a heated iron to a toothpick, join us for this creative discovery in working with wax!  
**Saturday February 18th from 10am - 12pm**

**PLEASE REMEMBER TO RSVP FOR ALL ACTIVITIES AND EVENTS.**

**In the event of Clubhouse closures due to inclement weather, you can contact us at 705-726-5199 or refer to the following: CTV2, B101, CHAY, KICX106, KoolFM, The PEAK FM, and Rock 95!**



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