

Program Calendar

July | August | September 2019



So That No One Faces Cancer Alone™



New to Gilda's Club Simcoe Muskoka?

Membership is FREE, and registration is easy!

To register:

Book a one-on-one meeting with one of our on-staff Registered Mental Health Professionals

Call 705-726-5199 to register!

What is Gilda's Club?

A **FREE** cancer support community, providing social and emotional support to all whose lives have been touched by cancer.

Who are our members?

- All ages.
- Any cancer diagnosis.
- All genders.
- Family and friends.
- Bereaved.

Our services are provided through the generosity of individual, corporate and foundation contributors.



Gilda's Club is simply amazing— a place where you feel at home, welcomed and can truly be yourself. I've learned so much, met great people and feel I've also become healthier as a result of the lectures, Qigong and yoga. Thank you!

10 Quarry Ridge Road, Barrie, Ontario L4M 7G1

Tel: 705-726-5199 | Fax: 705-726-7101

gildasclubsimcoemuskoka.org

 facebook.com/gildasclub

  @GildasClubSM

Member Information

Registration is required for any activity you wish to attend. This is so that we are able to appropriately plan for materials & room set up, keep accurate waiting lists, and so we can contact you in the case of last-minute event cancellations. If you are registered for an activity but are unable to attend, please try to give us as much notice as possible by calling us at **705-726-5199** or e-mailing **program@gildasclubsm.org**



HOW TO REGISTER FOR ACTIVITIES

For any activity other than support groups, you can register by:

- Online at www.gildasclubsimcoemuskoa.org
- Email program@gildasclubsm.org
- Call 705-726-5199
- Or coming to the Clubhouse and registering in person.

To avoid the spread of germs, we ask that you please refrain from coming to Gilda's Club if you are sick.

Networking Groups

Breast Cancer Networking

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

3rd Wednesday /month
1:00 – 2:30 pm

Blood Cancer Networking

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

3rd Thursday/ month
11:00 am – 12:30 pm

Colorectal Networking Group

A monthly networking group for those living with a Colon and/or Rectal cancer diagnosis. This group is an opportunity to share information & experiences with others.

3rd Thursday/ month
5:30 pm – 7:00 pm



Support Groups

Family & Friends Support

For those who have a loved one, friend or relative living with cancer (but not living with cancer themselves). This is a space to express feelings, gain insights, and build mutual support.

2nd & 4th Monday / month
1:15 pm – 3:15 pm

Circle of Life Support

For those with any type of terminal cancer. In the words of our Members, this group provides “a sense of support, companionship, and knowing that you’re not alone. It’s more uplifting than you would think!”

2nd & 4th Monday/ Month
1:15 pm – 2:30 pm

Chronic Cancer Support

For those who will live with a cancer diagnosis for the duration of their life. This group is an opportunity to connect with other Members who are experiencing the same reality.

1st Thursday/month
6:30 pm – 8:00 pm

Family & Friends of Chronic Cancer Support

For those who are supporting a family member or friend with a chronic cancer diagnosis. This group provides the opportunity to connect with other Members who are experiencing the same reality.

1st Thursday/month
6:30 pm – 8:00 pm

I am truly blessed with the support I get at Gilda's Club. As someone dealing with cancer and taking care of someone with cancer, I find Gilda's Club a real life line.

Living with Cancer Support

For those currently living with any active cancer diagnosis, in any stage of treatment (up to 6 months post-treatment). Come express feelings, gain insights, and build mutual support.

2nd & 4th Wednesday/ Month
1:30 pm – 3:00 pm

Living with Loss Support

For Members who have had a friend or family member die from cancer. This group encourages you to explore and share your experiences and feelings around grief, and to come and share your experience of loss with others.

2nd & 4th Thursday/month
6:00 pm – 8:00 pm

Young Adults Cancer Support

For Members aged 18–40 living with any active cancer diagnosis (up to twelve months post-treatment). Come express feelings, gain insights, and build mutual support.

2nd & 4th Thursday/month
6:30 – 8:00pm



NEW Post Treatment Retreat!

This five-day retreat is for those who are finished treatment for any type of cancer, and are looking to adjust to a “new normal”. Professionally facilitated daily Support Groups, workshops led by certified experts, fun recreational activities and skill-building lessons await! Lunch provided daily. REGISTRATION IS REQUIRED and space is limited. To register, e-mail sara@gildasclubsm.org or call 705-726-5199 ext. 225. Please alert us of any food allergies and/or dietary restrictions during registration.

Monday August 19 – Friday August 23
10:00am – 4:00pm daily

Healthy Lifestyle Groups

Gilda's Walkers

Come join fellow Members as we walk and talk our way around the Gilda's Club block. Witness the flowers beginning to bloom, or focus on increasing your stamina. All levels of walkers are welcome!

Mondays
10:00 am – 11:00 am

Hatha Yoga

Discover the beauty of yoga, calming the body... calming the mind. A gentle practice suited to those on active cancer treatment.

Mondays
11:30am – 12:30pm
Please note there is no class on July 22

Wellness Qigong

An ancient Chinese practice uniting body, mind and spirit through conscious breath and gentle movement. The practice of Qigong (pronounced chee-gung) has the potential to benefit everyone, regardless of age, ability, life circumstances or belief systems.

Tuesdays
11:30 am – 12:30 pm July Only

Mindfulness Practice for Beginners

Learn how to incorporate a mindfulness-based practice into everyday life to help reduce stress and improve wellbeing.

Tuesdays July 9 / July 23 / August 13

2:00 pm – 3:00 pm



Mindful Pilates

This class incorporates breathing practices to create body awareness and focus. Pilates (pronounced pill-ahh-tees) exercises enhance core strength and joint mobility for overall improved stability, balance and wellbeing. No experience necessary, and all equipment is provided.

Wednesdays July 10 / August 7 / September 11

10:30 am – 11:30 pm

Hatha Yoga

Discover the beauty of yoga, calming the body... calming the mind. A gentle practice suited to those on active cancer treatment.

1st & 3rd Thursdays / month

6:00 pm – 7:00 pm

Orange Theory Workout

Come on out and join the Sunflower Warriors and special guest Nicole, head trainer at Orange Theory Fitness, for a fun workout. Get your sweat on and then recover with a yummy snack! Please RSVP!

Tuesday September 24

11:30am – 1:00pm



Creative Corner

Knitting & Crocheting

All are welcome to our weekly Knitting and Crocheting Group! Be you beginner or expert, all are invited for a lovely morning of spinning a yarn on your needle or in conversation with others. Most materials are provided.

Tuesdays

10:00 am – 12:00 pm

Sewing and Quilting

Join us weekly with fellow Members and volunteers as we create projects. No experience necessary! Not sure what you want to work on? Learn a new project on the fourth Tuesday of every month. Check out the schedule and sign up!

Tuesdays

11:00 – 3:00 pm



Projects with a Purpose

Can't seem to get those creative juices flowing? Stumped on what to sew next? Join fellow Members and volunteers as they work together on projects that benefit numerous people within our cancer support community and beyond. All levels of experience are welcome.

1st Thursday/ month

10:00 am – 3:00 pm

Thank you for making Gilda's Club such a wonderful place where one can feel safe and relax during some difficult times.



Encaustic Painting

Also known as “Hot Wax Painting”, Encaustic Painting involves the use of heated colored wax to create beautiful, one-of-a-kind artwork. Members are invited to register for one Encaustic Painting session per month.

Mondays July 8 / August 12 / September 9
1:00 pm – 3:00 pm and
Thursdays July 11 / August 15 / September 12
6:00 pm – 8:00 pm



Art Journaling

Art Journaling is a visual way to practice mindfulness, process emotions, play creatively and record our life experiences. This weekly group will run for 5 sessions, and is great for first timers or those with experience alike. We will learn a different technique each week, experiment, and build a tool kit to continue art journaling outside of the group. Anyone 14+ welcome.

Wednesdays July 3 / July 10 / July 17 / July 31 /
August 7 (Five week series)
10:00am – 12:30pm

Sculpture & More

Experimenting with clay, plaster, and plaster gauze is the basis for this class—but it will also give you the opportunity to paint your creations and have fun learning the basics of 3-D sculpture. The only thing required is your imagination! **Members are welcome to register for one of the two sessions; each session will be identical.**

Thursday July 18 and
Thursday September 19
6:00 – 8:00pm

A Bug's Life

With warm weather comes a variety of tiny creatures in our gardens. We will create mixed media images of summer insects using a collage technique. Bring magazines if you can.

Friday July 19
10:00am – 12:00pm



New Member Art Class: Sunflower Painting

Sunflowers are in bloom so it is time to learn how to paint like Vincent Van Gogh! We will use an impasto painting technique to create beautiful sunflower paintings. **This class is only open to Members who have been with Gilda's Club Simcoe Muskoka for 12 months or less.**

Thursday July 25
6:00 – 8:00pm

Sunflowers

Sunflowers are in bloom so it is time to learn how to paint like Vincent Van Gogh! We will use an impasto painting technique to create beautiful sunflower paintings.

Thursday, August 8
6:00 – 8:00pm

Printmaking

Come play with ink while learning techniques for Mono and Block printing. No experience necessary, but be prepared to get messy! You can do creations with a friend, or as a solo artist.

**Thursday, August 29,
6:00 – 8:00pm**

Paint Night

An evening filled with creativity and relaxation, with a step-by-step painting lesson. All materials are provided and no experience necessary!

If you have already been to a Paint Night in 2019, we will add you to the wait-list for this activity; you will be notified if a spot becomes available for you.

**Tuesday September 17,
6:00 – 8:00pm**

An Apple A Day

Its Apple Harvest season so join us as we create a variety of colorful apple prints. Participants will be guided through the calligraphy process. No prior experience is necessary.

**Wednesday, September 18
1:00 – 3:00pm**

Educational Workshops

Goal Setting

Back by popular demand! Join Program Coordinator, Erin, and your fellow Gilda's Club members as we connect, explore and celebrate our goals for 2019. While, this workshop is a continuation of the series "Goal Setting in the New Year", new participants are always welcome!

**2nd Friday / month
10:00 – 11:00am**



Cooking with Canada's New Food Guide

Come join "Chef" Paulette and learn how to make balanced meals according to Canada's new Food Guide! This cooking class will leave you equipped with easy recipes and lots of time for sampling.

We invite Members to register for only one of the two sessions; each session will be identical.

**Tuesday July 30
1:30 – 3:00pm
Thursday August 15
4:00 – 6:00pm**



Big Feelings

Are you overwhelmed by your feelings, or feel like they are out-of-control? Come learn how de-escalate "big feelings" and make your emotions work for you, instead of taking over!

**Monday September 16
1:30 – 3:00pm**

Cultivating Joy, Mindfulness, and Self-Care in our Everyday Lives

In this workshop series you will be guided through a variety of exercises allowing you to set clear goals and action steps towards bringing more joy, mindfulness and self-care into your life. Activities may include collages, visualizations, journaling, sharing circles, and SMART goal setting. Thursdays,

**Thursdays September 12 & September 26
11:00am – 1:00pm**

Lunch & Learn: All About Blood Cancer

Join Dr Yu, Medical Oncologist at Royal Victoria Hospital, and the Leukemia and Lymphoma Society for this informational session geared towards those living with a Blood Cancer diagnosis or those supporting / caregiving for someone living with Blood Cancer. Lunch provided.



**Friday September 27,
12:00 – 2:00pm**

Social Events

Clubhouse Bake

Members and volunteers of Gilda's Club gather to marvel over favourite recipes and to share in baking treats together for all to enjoy in our Clubhouse community.

Wednesdays

10:00 am – 12:00 pm



Coffee Talk

Plan to join us every Thursday afternoon for this Gilda's Club tradition! Coffee, tea, treats, great company and conversation to enjoy the rest your day. All are welcome!

Thursdays

1:00 pm – 3:00 pm

Men's Cancer Social Circle

Enjoy food and fellowship in this casual social space for men who either have a current or past cancer diagnosis. Informally led by male members of the Simcoe Muskoka community who have had their own cancer journey.

**2nd and 4th Thursdays / month
6:30 pm – 8:00 pm**

Men's Cancer Pancake Breakfast **NEW**

Enjoy fellowship with men who are either currently living with cancer or have lived with cancer in the past over a homemade pancake breakfast!

3rd Friday / month

11:30 am – 1:00 pm

Parent's Brunch **NEW**

Enjoy a delicious homemade brunch while you connect with other parents/guardians! For parents/guardians who are living with cancer themselves or have a partner living with cancer, have a child living with cancer, or are bereaved due to cancer.

Free child-minding with kid-friendly snacks will be provided in Noogieland during the Parents Brunch— please let us know how many children you are bringing when you register!

2nd Friday / Month

11:30 am – 1:00 pm

GILDA'S CLUB SUMMER KAMP 2019!

Check out our Kamp calendar online, in the clubhouse, or request your own copy by e-mailing your Kamp Specialist Emma: emma@gildasclubsm.org.



This summer we are proud to offer five FREE week-long day Kamps for children living with cancer, have a family member or friend living with cancer, or have had a family member or friend die from cancer. Available for children and teens ages 6-17.

Please note that children must be registered Members in order to attend Kamp; for more information on Membership, please e-mail program@gildasclubsm.org

Families Connect

Events for the whole family!

Board Game Cafe

Enjoy an evening of family bonding at Gilda's 'Board-Game Café'. On this evening you can choose from our large selection of games to play while snacking on coffee and treats.

Tuesday July 2

6:00 – 8:00 pm

Clubhouse Creations

Come to the Clubhouse Art Studio for a surprise art lesson.

Wednesday July 24
6:00 – 8:00 pm



We don't know where we would be without Gilda's support.

Family Yoga

This is a super fun way to spend some quality time in the community with your family, let go and get silly but also a little sentimental. You'll move and breathe like animals, float around like hot air balloons or balance strong and tall like a tree. Yoga puts you and your kids on the same level. Come to a space where you can play, move and breathe together in a noncompetitive, judgement free environment. For children ages 3-11 and their parents/ guardians.

Friday July 26
11:00 am – 12:00 pm
Wednesday August 14
11:00 am – 12:00 pm
Friday September 27
6:30 – 7:30 pm



Baycats Game

Meet us at the Coates Stadium to cheer on your local Barrie Baycats in their final season game against the Brantford Red Sox. Game begins at 7:30, all are welcome, and tickets are provided!

Thursday August 1
7:30pm

Groovy Like a Drive-In Movie

Come one, come all to the Gilda's clubhouse courtyard for a drive-in movie style evening. For our final summer party we will enjoy a family friendly movie with snacks under the stars. Feel free to bring lawn chairs, blankets etc!

Thursday August 22
7:30 – 9:30

Teens Support Group

Teens Connect

For teens ages 13-17 who have a friend or family member living with cancer, or have had a family member or friend die from cancer. This six-week series gives teens the space to connect with each other over food, arts and good conversation.

Thursdays from September 19 to October 24
5:30 – 6:30 pm



We are so lucky to have a Gilda's and all the wonderful staff and volunteers . Thank You. It makes a difference in our lives and gives us a place to belong and be distracted from our worries for a bit.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 CLOSED Canada Day</p>	<p>2 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 11:30 – 12:30 Wellness Qigong 6 – 8 Families Connect: Board Game Cafe</p>	<p>3 10 – 12 Clubhouse Bake 10 – 12:30 Art Journaling</p>	<p>4 10 – 3 Projects with a Purpose 1 – 3 Coffee Talk 6 – 7 Hatha Yoga 6:30 – 8 Chronic Cancer Support 6:30 – 8 Family and Friends of Chronic Cancer Support</p>	<p>5</p>
<p>8 10 – 11 Gilda's Walkers 11:30 – 12:30 Hatha Yoga 1 – 3 Encaustic Painting 1:15 – 2:30 Circle of Life Support 1:15 – 3:15 Family & Friends Support</p>	<p>9 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 11:30 – 12:30 Wellness Qigong 2 – 3 Mindfulness for Beginners</p>	<p>10 10 – 12 Clubhouse Bake 10 – 12:30 Art Journaling 10:30 – 11:30 Mindful Pilates 1:30 – 3 Living with Cancer Support</p>	<p>11 1 – 3 Coffee Talk 6 – 8 Encaustic Painting 6 – 8 Living with Loss Support 6:30 – 8 Young Adult Cancer Support 6:30 – 8 Men's Social Circle</p>	<p>12 10 – 11 Goal Setting 11:30 – 1 Parent's Brunch</p>
<p>15 10 – 11 Gilda's Walkers 11:30 – 12:30 Hatha Yoga</p>	<p>16 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 11:30 – 12:30 Wellness Qigong</p>	<p>17 10 – 12 Clubhouse Bake 10 – 12:30 Art Journaling 1 – 2:30 Breast Cancer Networking</p>	<p>18 11 – 12:30 Blood Cancer Networking 1 – 3 Coffee Talk 5:30 – 7 Colorectal Cancer Networking 6 – 7 Hatha Yoga 6 – 8 Sculpture & More</p>	<p>19 10 – 12 A Bug's Life 11:30 – 1 Men's Cancer Pancake Breakfast</p>
<p>22 10 – 11 Gilda's Walkers 1:15 – 2:30 Circle of Life Support 1:15 – 3:15 Family & Friends Support</p>	<p>23 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 11:30 – 12:30 Wellness Qigong 2 – 3 Mindfulness for Beginners</p>	<p>24 10 – 12 Clubhouse Bake 1:30 – 3 Living with Cancer Support 6 – 8 Families Connect: Clubhouse Creations</p>	<p>25 1 – 3 Coffee Talk 6 – 8 New Member Art Class: Sunflower Painting 6 – 8 Living with Loss Support 6:30 – 8 Young Adult Cancer Support 6:30 – 8 Men's Social Circle</p>	<p>26 11 – 12 Families Connect: Family Yoga</p>
<p>29 10 – 11 Gilda's Walkers 11:30 – 12:30 Hatha Yoga</p>	<p>30 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 11:30 – 12:30 Wellness Qigong 1:30 – 3 Cooking with Canada's New Food Guide</p>	<p>31 10 – 12 Clubhouse Bake 10 – 12:30 Art Journaling</p>		

Monday

Tuesday

Wednesday

Thursday

Friday



5
CLOSED
Civic Holiday

6
10 – 12 Knitting & Crocheting
11 – 3 Sewing & Quilting

7
10 – 12 Clubhouse Bake
10 – 12:30 Art Journaling
10:30 – 11:30 Mindful Pilates

8
1 – 3 Coffee Talk
6 – 8 Sunflowers
6 – 8 Living with Loss Support
6:30 – 8 Young Adult Cancer Support
6:30 – 8 Men's Cancer Social Circle

9
10 – 11 Goal Setting
11:30 – 1 Parent's Brunch

12
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga
1 – 3 Encaustic Painting
1:15 – 2:30 Circle of Life Support
1:15 – 3:15 Family & Friends Support

13
10 – 12 Knitting & Crocheting
11 – 3 Sewing & Quilting
2 – 3 Mindfulness for Beginners

14
11 – 12 Families Connect: Family Yoga
10 – 12 Clubhouse Bake
1:30 – 3 Living with Cancer Support

15
11 – 12:30 Blood Cancer Networking
1 – 3 Coffee Talk
4 – 6 Cooking with Canada's New Food Guide
5:30 – 7 Colorectal Networking
6 – 7 Hatha Yoga
6 – 8 Encaustic Painting

16
11:30 – 1 Men's Cancer Pancake Breakfast

19
10 – 4 Post Treatment Retreat
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga

20
10 – 4 Post Treatment Retreat
10 – 12 Knitting & Crocheting
11 – 3 Sewing & Quilting

21
10 – 4 Post Treatment Retreat
1 – 2:30 Breast Cancer Networking

22
10 – 4 Post Treatment Retreat
1 – 3 Coffee Talk
6 – 8 Living with Loss Support
6:30 – 8 Young Adult Cancer Support
6:30 – 8 Men's Social Circle
7:30 – 9:30 Families Connect: Groovy Like a Drive-In Movie

23
10 – 4 Post Treatment Retreat

26
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga
1:15 – 2:30 Circle of Life Support
1:15 – 3:15 Family & Friends Support

27
10 – 12 Knitting & Crocheting
11 – 3 Sewing & Quilting

28
10 – 12 Clubhouse Bake
1:30 – 3 Living with Cancer Support

29
1 – 3 Coffee Talk
6 – 8 Printmaking

30

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 CLOSED Civic Holiday</p>	<p>3 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting</p>	<p>4 10 – 12 Clubhouse Bake</p>	<p>5 10 – 3 Projects with a Purpose 1 – 3 Coffee Talk 6 – 7 Hatha Yoga 6:30 – 8 Chronic Cancer Support 6:30 – 8 Family and Friends of Chronic Cancer Support</p>	<p>6</p>
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<p>16 10 – 11 Gilda's Walkers 11:30 – 12:30 Hatha Yoga 1:30 – 3 Big Feelings</p>	<p>17 10 – 12 Knitting & Crocheting 11 – 3 Sewing & Quilting 6 – 8 Paint Night</p>	<p>18 10 – 12 Clubhouse Bake 11:30 – 12:30 Mindful Pilates 1 – 2:30 Breast Cancer Networking 1 – 3 Facing Forward Support 1 – 3 An Apple a Day</p>	<p>19 11 – 12:30 Blood Cancer Networking 1 – 3 Coffee Talk 5:30 – 6:30 Teens Connect 5:30 – 7 Colorectal Networking 6 – 7 Hatha Yoga 6 – 8 Sculpture & More</p>	<p>20 11:30 – 1 Men's Pancake Breakfast</p>
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<p>30 10 – 11 Gilda's Walkers 11:30 – 12:30 Hatha Yoga</p>	<div style="text-align: right;">  <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p> </div>			

Find Us



An Affiliate of the
CANCER SUPPORT COMMUNITY

10 Quarry Ridge Road
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Tel 705-726-5199

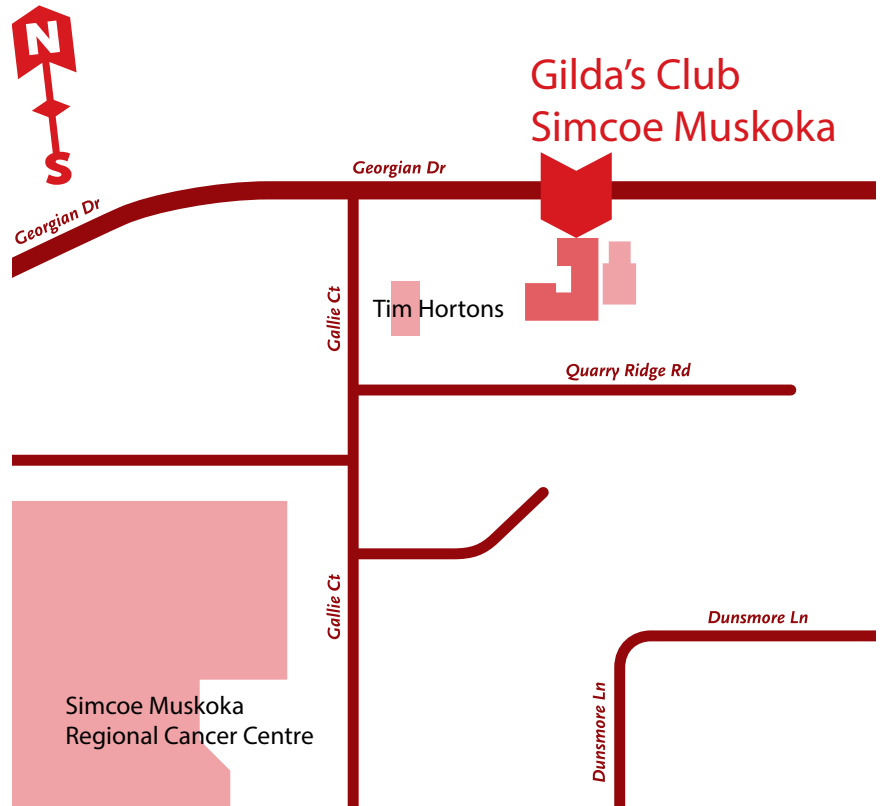
Fax 705-726-7101

program@gildasclubsimcoemuskoka.org

Clubhouse

Hours of Operation

Monday	10:00 am – 3:30 pm
Tuesday	10:00 am – 3:30 pm
Wednesday	10:00 am – 3:30 pm
Thursday	10:00 am – 8:30 pm
Friday	10:00 am – 1:00 pm
Saturday	CLOSED
Sunday	CLOSED



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