



A Day Reveals Itself

September 2020

We awake each and every morning not knowing what the day holds for us. We have dreams, directions, and desires - but we step forth into the sunlight not knowing exactly where the path will lead us.

No one truly understood how this pandemic would unfold. Nobody knew the numerous and enduring impacts that it would bring to our lives. Gilda's Club Simcoe Muskoka started 2020 with the expectation that we would be a celebration marking our 10th Anniversary of our Red Door opening this month. Instead, we find ourselves discovering new reserves of patience and determination as we take carefully measured steps towards delivering our Cancer Support Program.

So much has changed since we took that first step in 2020. It's easy to sense frustration when trying to locate the goals we had when we started.

So much has revealed itself this year, including the company we share the road with.

We have community. We have supportive volunteers. We have staff who care. We have donors who deeply believe. And every day we are reminded by our members that our shared journey is of the greatest importance.

Progress has been made, and we still have many steps before us. With ***this community*** at our side I am confident that we will continue to pave a path for anyone impacted by cancer.

Aaron Lutes
Executive Director

Virtual Clubhouse & Program Activities

SEPTEMBER
at Gilda's

MON	TUE	WED	THU	FRI	SAT
	1 10-10:45 Slow Flow Yoga	2 10-10:45 Journaling Group 1-2:30 Facing Forward Support	3 2-2:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social	4 1:30-2:30 Member Social	Please note all activities are held virtually through Zoom. To register, e-mail program@ gildasclubsm.org
7 CLOSED LABOUR DAY	8 10-10:45 Slow Flow Yoga	9 10-10:45 Journaling Group 2-2:45 Pilates 4:30-5:15 Children's Worry Workshop 6-7:30 Creating An Emotional Impact	10 2-2:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Social Circle	11 1:30-2:30 Member Social	
14 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	15 10-10:45 Slow Flow Yoga	16 10-10:45 Journaling Group 1-2:30 Facing Forward Support 7-8:30 Supporting Children Impacted By Cancer	17 11-12 Blood Cancer Networking 2-2:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:45-7:30 Child & Family Yoga	18 1:30-2:30 Member Social	19 11-12 Cancer 101 For Kids
21	22 10-10:45 Slow Flow Yoga 3:30-5pm Combatting Guilt, Regret, & Self- Criticism	23 2-2:45 Pilates 6-7:30 Sketching Landscapes With Paint	24 1:30-3 Picasso Designs 2-2:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 6-6:30 Virtual Therapy Dog Visit (ages 0-12) 6:30-7:30 Men's Social Circle	25 1:30-2:30 Member Social	
28 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	29 10-10:45 Slow Flow Yoga 7:00-8:30 Breast Cancer Networking	30 10-10:45 Journaling Group			

As a Member of the
CANADIAN CANCER SOCIETY



WORKSHOPS

Combatting Guilt, Regret, and Self-Criticism
Please join Program Director Sara for this workshop on how to combat guilt, regret, self-criticism, self-blame, and self-hate. Using some Dialectical Behavioural Therapy (DBT), and some Self Compassion, you will leave this workshop equipped with skills to be kinder to yourself, increase motivation, and decrease painful emotions with thinking "I should've/ could've/ would've."

Supporting Children Impacted By Cancer
Join Jocelyn Leworthy, and Tory Hagerman, Certified Child Life Specialists, as they share helpful strategies for supporting children when there is a cancer diagnosis in the family. This presentation will explore approaches that may be used to discuss cancer with children or teens, will highlight common behavioural responses, and supportive strategies that can be used to promote optimal coping.

September

SUPPORT GROUPS

Family & Friends Support
For those who are caregiving for someone with a cancer diagnosis.

Circle of Life Support
For those living with an advanced stage/terminal cancer diagnosis.

Breast Cancer Networking
For those with a breast cancer diagnosis. This monthly group is a chance to connect with others in a similar situation, ask questions, and share your wisdom.

Blood Cancer Networking
For those with any blood cancer diagnosis. This monthly group is a chance to connect with others in a similar situation, ask questions, and share your wisdom.

SOCIAL ACTIVITIES

Journaling Group
Join Program Coordinator, Erin, and your fellow members as we explore journaling as a group. This weekly class will highlight the benefits of journaling and feature both public and private journaling prompts. Each class will require a pen and a notebook.

Let's Get Quizzicle
This virtual, informal and fun trivia social will be sure to test your knowledge! Join as an individual or invite the whole household. You might just leave with the top prize: bragging rights!

Men's Social Circle
Calling all MENbers! This informal group is a chance for you to meet other men directly impacted by cancer, share wisdom, and find brotherhood in other men who "get it".

Member Social
Join your Program Staff and fellow members as we virtually say 'hello', connect and check in. We may have to be physically distant but that does not mean that we have to be socially distant.

Questions or comments for our Cancer Support Program?
Email program@gildasclubsm.org!

Virtual Clubhouse & Program Activities

CREATIVE CORNER

Picasso Designs

Join Kim for a virtual arts experience using your own materials at home. Let your imagination soar as we create unique images inspired by the work of Pablo Picasso.

Materials needed: black permanent marker, several pieces of paper (any size), and your choice of paints, pencil crayons, pastels or markers to add colour.

Creating an Emotional Impact

The tones and colours in a painting can produce a result that is not only rich and harmonious, but also emotionally expressive. Working with a range of tones we will discover some of the feeling behind and in our paintings using liquid acrylics.

Materials needed: Acrylic paint (red, blue, yellow, black, white); paintbrushes; cardstock/ cardboard/ paper to paint on; palette or paper/foam plate to mix paints. *

Sketching Landscapes with Paint

Learning how to build a variety of simple landscapes with quick studies will help you develop your eye for composition and values in order to create a finished work of art. If you have some q-tips handy, we will play with those as well. No experience necessary!

Materials needed: Acrylic paint (red, blue, yellow, black, white); paintbrushes; cardstock/ cardboard/ paper to paint on; palette or paper/foam plate to mix paints; Q-Tips. *

*Materials kits with everything you need are available for pickup at the clubhouse- please enquire when registering

MOVEMENT CLASSES

Slow Flow Yoga

Join your Gilda's Club community for this relaxing yoga class, from the comfort of your own home! Perfect for beginners, enjoy gentle movement that supports relaxation and overall wellness.

Gentle Stretch

Enjoy a gentle warm-up followed by a restorative full-body stretch. All levels of mobility welcome and class can be done from a chair if needed.

Pilates

Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, and overall wellness.

YOUTH & FAMILIES

Children's Worry Workshop

Ages 4-10

With school back in session during a global pandemic, children can experience additional worries & anxiety- especially when they are touched by cancer. In this session children will have space to share worries, learn about coping strategies, and have the chance to make their own "worry monster".

YOUTH & FAMILIES CONT'D

Child/ Family Yoga

Ages 4+

GCSM families join Certified Yoga Instructor Chentelle for a relaxing virtual yoga session. Engaging in yoga is a great way to care for the mind and body through physical movement and mindfulness.

Cancer 101 for Kids

Ages 6-12

This virtual, play-based workshop will help children learn about cancer in a fun and developmentally appropriate way. Children will have the opportunity to have their questions answered and connect with other kids touched by cancer.

Virtual Therapy Dog Visit

Best suited for those under 12

On our Zoom call you'll get to see some cute pups, learn more about them, and how they help people. We also welcome you to introduce us to your family pet or furry friend!

Yoga & Cider Tasting Event



GILDA'S CLUB SIMCOE MUSKOKA PRESENTS

HERITAGE ESTATE
WINERY & CIDERY



WELLNESS



An Affiliate of the
CANCER SUPPORT COMMUNITY

Yoga & Cider Tasting

Come take part in a one hour outdoor yoga class with instructor Stephanie, Instagram @stephaniehelenn followed by a Heritage Estate cider tasting.

5 PM to 7 PM | **Wednesday September 16, 2020**

Tickets are \$40 per person

421 Penetanguishene Rd, Barrie, ON

All proceeds in support of Gilda's Club Simcoe Muskoka

To register or for more information please email cybele@gildasclubsm.org

Community Events and Activities



Kayak 4 Cancer features Bruce Tompkins, and on Saturday, September 12th Bruce will attempt to paddle from Bracebridge to Gravenhurst - all in support of Gilda's Club Simcoe Muskoka's Cancer Support Program.

You can visit [our website](#) to make a donation and support Bruce as he battles Lake Muskoka and cancer.

The **2020 Raw & Reflective Calendar** was a resounding success helping to raise just over \$31,000 for our Cancer Support Program.

The 2021 Calendar is almost ready to share - you will love it! Send us [an email](#) and reserve your calendars today.



Support GILDA'S CLUB with a Do It Yourself Fundraiser!

The ability to host events is significantly affected during this pandemic, but it is evident that the smaller and more personal activities are thriving!

You can join our [Lemonade Stand](#) effort and let us know if you can get a few people involved and help share the recipe of how to turn **Lemons into Lemonade**, or you can host simple activities like a bake sale, bottles drive, garage sale and more!

You can turn a lot of things into a small fundraiser for Gilda's Club. We call them Do It Yourself, or [DIY Fundraisers](#), and this year (more than most years) you can be assured that your DIY Fundraisers will have a significant impact on our Cancer Support Program!

Planning a DIY Fundraiser to benefit Gilda's Club can be an exciting and rewarding experience! Visit our [DIY Fundraiser page](#), or please contact the Cybele at 705-726-5199 or cybele@gildasclubsimcoemuskoka.org.

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