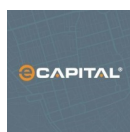


October 2020



# Thank You For Giving

*Here are just some of our incredible event supporters who donated their sponsorships this year "So that no one faces cancer alone."*



Raymond James & Laura Hemsworth

Donna and Jim Orsatti in Innisfil

Mad River Golf Club in Creemore





# Virtual Clubhouse & Program Activities

OCTOBER

7-11-20

MON	TUE	WED	THU	FRI	SAT
			3:30-4:30 Let's Get Quizzicle: Trivia Social <sup>1</sup>	1:30-2:30 Member Social <sup>2</sup>	
12-12:45 Pilates <sup>5</sup> 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	10-10:45 Slow Flow Yoga <sup>6</sup> 5:30-6:30 Mindfulness Series	10-10:45 Journaling <sup>7</sup> 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	2-3 Chair Yoga & Meditation <sup>8</sup> 3:30-4:30 Let's Get Quizzicle: Trivia Social 6-6:45 Kids With Cancer Support 6:30-7:30 Men's Social 7-8 Teens With Cancer Support	1:30-2:30 Member Social	
<b>CLOSED</b> <b>THANKSGIVING DAY</b> <sup>12</sup>	10-10:45 Slow Flow Yoga <sup>13</sup> 1-2:30 The Importance Of Self-Care 5:30-6:30 Mindfulness Series	10-10:45 Journaling <sup>14</sup> 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	11-12 Blood Cancer Networking <sup>15</sup> 3:30-4:30 Let's Get Quizzicle: Trivia Social 4:30-5:15 Fall Family Bingo 6-6:45 Kids With Cancer Support 7-8 Teens With Cancer Support	1:30-2:30 Member Social <sup>16</sup>	
12-12:45 Pilates <sup>19</sup> 6-7:30 Creating An Emotional Impact	10-10:45 Slow Flow Yoga <sup>20</sup> 1:00-2:30 Halloween Haunts 4:30-5:15 Child/Family Yoga 5:30-6:30 Mindfulness Series	10-10:45 Journaling <sup>21</sup> 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	2-3 Chair Yoga & Meditation <sup>22</sup> 3:30-4:30 Let's Get Quizzicle: Trivia Social 4:30-5:15 Festive Fall Creations 6-6:45 Kids With Cancer Support 6:30-7:30 Men's Social 7-8 Teens With Cancer Support	1:30-2:30 Member Social <sup>23</sup>	
12-12:45 Pilates <sup>26</sup> 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support 6-7:30 Composition & Values using Acrylics	10-10:45 Slow Flow Yoga <sup>27</sup> 5:30-6:30 Mindfulness Series 6-7 GCSM Drive-Through Trick Or Treat 7:00-8:30 Breast Cancer Networking	10-10:45 Journaling <sup>28</sup> 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	3:30-4:30 Let's Get Quizzicle: Trivia Social <sup>29</sup> 6-6:45 Kids With Cancer Support 7-8 Teens With Cancer Support	1:30-2:30 Member Social <sup>30</sup>	

Please note all activities are held virtually through Zoom. To register, e-mail [program@gildasclubsm.org](mailto:program@gildasclubsm.org)



## 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.

### Cancer, COVID-19, and Anxiety

Are you living with a cancer diagnosis, or caregiving for someone with cancer, and finding your anxiety levels have risen especially during the COVID-19 crisis? This 8-week series will provide with new skills to decrease anxiety, as well as peer support. Professionally facilitated by Jenna Harney, MSW RSW.

October

## WORKSHOPS

### The Importance of Self-Care

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly." Join Program Coordinator, Erin, as we discuss the importance of self-care and ways to keep your light shining. Participants will have the opportunity to complete their own, personalized self-care plan.

### Mindfulness 4-week Series

Come join us for a virtual 4-week Mindfulness series! This series will include learning about the effect's mindfulness has on the mind and body, as well as learning different techniques such as breathing and guided imagery. Members are also encouraged to suggest any specific mindfulness topics or techniques they would like covered.

Please note all activities are held virtually through Zoom. To register, e-mail [program@gildasclubsm.org](mailto:program@gildasclubsm.org)

## 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](mailto:program@gildasclubsm.org)!

# Virtual Clubhouse & Program Activities

## 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.

### Chair Yoga & Meditation

Enjoy gentle movement to awaken the spine, shoulders, and hips using the support of the chair, followed by a guided meditation. You will need a hard chair without arms, such as kitchen or folding chair.

## CREATIVE CORNER

### Halloween Haunts

Join Kim for a virtual arts experience using your own materials at home. We will be creating Halloween themed images using a batik process. It's all about the pumpkin patch and jack o lanterns as participants are directed through the creation of a focal point.

**Materials needed:** pencil/eraser, piece of paper (any size), and your choice of crayons or oil pastels and diluted black washable paint (watercolour or tempera) or diluted India ink, a large paintbrush, and paper towels.

### 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. \*

### Composition & Values Using Liquid Acrylics

Whether you enjoy painting landscapes or abstract, this class will help you map out strong compositions and use value to help your colours pop. First we will create some fun and colourful under paintings and then walk you through a finished painting touching on form, shapes and value. 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. \*

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

## YOUTH & FAMILIES

### Youth Self-Care Workshop

**Ages 12-17**

Join us on zoom for an evening of snacks, conversation, and good company. This workshop will focus on practicing healthy coping, expressive, and relaxation strategies.

### Child/Family Yoga

**All Ages Welcome**

GCSM families join Certified Yoga Instructor, Chantelle 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.

### SOCIAL DISTANCE-VIRTUAL NOOGIEFEST!

**All Ages Welcome**

- **Fall Family BINGO:** Bingo with a fun fall twist. Families will be sent BINGO cards prior to the event, and have a chance to win fun prizes!
- **Festive Fall Creations:** Join a fun fall themed art activity. Supplies will be provided.
- **GCSM Drive Through Trick-Or-Treat:** Time to get into the Halloween spirit! Drive by the clubhouse in your Halloween costumes or decorated vehicle and claim your treat bag.
- **Pumpkin Carving Contest:** GCSM Families, pick up a pumpkin for your household and put your creative minds to work. You can paint, carve, or create in any way you choose. Once your masterpiece is complete, submit a photo of your pumpkin to the contest! Deadline to submit photos is

## Raw & Reflective 2021 Calendar - AVAILABLE NOW!



**RAW & REFLECTIVE  
2021 CALENDAR**

**PURCHASE YOUR CALENDAR TODAY.**

Proceeds support Gilda's Club Simcoe Muskoka, so that no one faces cancer alone.

**CONNECT**  
HAIR STUDIO

The 2020 Raw & Reflective Calendar was a resounding success - helping to raise just over \$31,000!

The 2021 Calendar is now available - you will love it!  
Call us and [purchase](#) your calendar today.



# Community Foundations, Service Clubs, and COVID-19 relief



**BARRIE  
COMMUNITY  
FOUNDATION**  
A COMMUNITY WOVEN TOGETHER



THE COMMUNITY  
FOUNDATION  
OF ORILLIA AND AREA

**innisfil  
community foundation**



**United Way  
Centraide**  
Simcoe Muskoka

**Canada**



**Rotary**  
Club of Wasaga Beach



**Rotary**  
Club of Barrie Huronia



**CANCER SUPPORT  
COMMUNITY.**



**Bristol Myers Squibb™**

**BeiGene**

**AMGEN**

## 2021 Raw & Reflective Sponsors & Supporters!

**CONNECT**  
HAIR STUDIO

This calendar is a profound project that shares personal experiences and demonstrate how each cancer journey is unique, and how the models' personal cancer stories convey a complex series of emotions that carry beyond their words. Thank you to an amazing committee, photographers, and models!

**Shank LAW**  
PROFESSIONAL CORPORATION

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GROUP**  
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**BARRIE HARLEY-DAVIDSON.**

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PEGGY HILL TEAM**  
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### STAFF

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Operations Manager  
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Cybele Gorrisen  
Events & Fundraising Coordinator  
Erin King (Browning)  
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Jocelyn Leworthy  
MSc, CCLS, Child, Youth  
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