

April 2021



Hope Springs Eternal

Quoting poetry by Alexander Pope is not exactly how I envisioned this GildaGram to begin. A warming sun, receding snowbanks, and regional vaccinations entering Phase 2 starting today I can say that “hope springs eternal” seems right.

Full vaccine details and clinics are available at the Simcoe Muskoka District Health Unit [website](#), but for our immune-compromised community this phase starts today and runs to end of July, depending on vaccine supply. Here are Phase 2 eligibility details from the Simcoe Muskoka District Health Unit.

Primary Priority

- Adults aged 60-79, starting with those 75-79 and decreasing in 5-year increments
- **Individuals with health conditions, starting with Highest Risk and High-Risk health conditions**
- Residents, Essential Caregivers and Staff of High-Risk Congregate Settings
- Adults aged 50+ in COVID-19 Hot Spot Communities, starting with older individuals and decreasing in age

Secondary Priority

- **Remaining Individuals with At-Risk Health Condition**
Essential Workers who cannot work from home

What does this mean for our Cancer Support Program? Variants of Concern, community transmission, and vaccinations for staff and facilitators are still on an uncertain timeline, but we share the enthusiasm for a safe return to programming and support.

Visit the SMDHU Vaccine & Immunization [website](#)
for up-to-date information and links on clinics and bookings.

Virtual Clubhouse & Program Activities

APRIL

MON	TUE	WED	THU	FRI	SAT
			10-10:45 Gentle Stretch 1 3:30-4:30 Let's Get Quizzical: Trivia Social	CLOSED 2 GOOD FRIDAY	
5 11:30-12:15 Pilates 8:30-9:30 Rest & Restore Yoga	6 10-10:45 Slow Flow Yoga 4:30-5:15 Coping Skills BINGO	7 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 7-7:45 Family Yoga	8 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	9 1:30-2:30 Member Social	
12 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support 8:30-9:30 Rest & Restore Yoga	13 10-10:45 Slow Flow Yoga 1-2 KIDS KAMP: CREATION STATION (AGES 6-11)	14 10-10:45 Journaling 1-2 KIDS KAMP: YOUTH BAKE OFF (AGES 8-11) 3-4 Qigong 7-8 Teens Connect	15 10-10:45 Gentle Stretch 1-2 KIDS KAMP: TEDDY BEAR CLINIC 3:30-4:30 Let's Get Quizzical: Trivia Social 7-8 Youth With Cancer Connect	16 1:30-2:30 Member Social	17 2-3 Worry Creature Workshop
19 11:30-12:15 Pilates 6-7:30 Portrait of a Pet 6:30-8 Teen Paint Night 8:30-9:30 Rest & Restore Yoga	20 10-10:45 Slow Flow Yoga 1-2:30 Picasso-ish	21 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 4:30 - 5:15 Kids Mindfulness Series 6-7 Blood Cancer Networking 6-6:45 Kids Grieve Too	22 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	23 1:30-2:30 Member Social	
26 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support 8:30-9:30 Rest & Restore Yoga	27 10-10:45 Slow Flow Yoga 4:30-5:15 Gilda's Story Time 7:00-8:30 Breast Cancer Networking	28 10-10:45 Journaling 3-4 Qigong 6-6:45 Kids Grieve Too 7-8 Teens Connect 7-8:30 COVID & Cancer Support	29 10-10:45 Gentle Stretch 7-8 Youth With Cancer Connect 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context 6-week series	30 1:30-2:30 Member Social	

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

CANCER & COVID-19 8-WEEK SUPPORT GROUP



MENTAL HEALTH WELLNESS IN A CANCER & COVID-19 CONTEXT 6-WEEK SERIES



8- WEEK SERIES:
WEDNESDAYS, 7:00 - 8:30PM
APRIL 29 - JUNE 16

Open to those residing in Northern and Central Ontario, who were diagnosed with any type of cancer during the COVID-19 pandemic, and/or are currently in active cancer treatment.

Professionally facilitated by a
Registered Social Worker.

**OFFERED THROUGH
ZOOM
COST: FREE**

Free membership & registration required.
Call 705-726-5199 ext 225
or e-mail program@gildasclubsm.org
to register.

www.gildasclubsimcoemuskoka.org

6-WEEK SERIES
THURSDAYS, 6:30-8:00PM
APRIL 29 - JUNE 3

Open to those residing in Northern and Central Ontario, who are either:
-Living with a cancer diagnosis,
-A cancer survivor, or
-Caregiving for someone with cancer

Professionally facilitated by a
Registered Social Worker.

**OFFERED THROUGH
ZOOM
COST: FREE**

Free membership & registration required.
Call 705-726-5199 ext 225
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Star Wars Auction



Opens on April 12th and closing on **May the Fourth** (be with you)
Visit our [Auction Website](#) for more information!

Raw & Reflective Calendars



Raw & Reflective 2021 recently presented \$21,000 in for Gilda's Club Simcoe Muskoka Cancer Support Program, bringing their 2 year total to \$53,000!

This amazing committee embraced the 2021 theme COURAGE and forged through some incredible challenges, similar to the stories shared by our incredible models who are navigating their own cancer journey. This support was only possible thanks to local sponsors, photographers and models who are ensuring that our community is supported through our unique Cancer Support Program.

THANK YOU to Connect Hair Studio's Sharon Smith for championing this initiative, and amazing and dedicated committee members Patricia Dent, Stacey LePage, Jen Smethurst and Greg Smith for their deep reserves of strength. Thank you to the many sponsors and everyone who purchased a calendar to support Gilda's Club.

Call for 2022 models, sponsors, community sales leaders.

There is space for 2 more models in the 2022 Calendar! We also hope that anyone who can commit to selling at least 10 Calendars to join our cause - special draws and incentives will be created for our community sales group!



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Kempfenfelt Rotary Club Car Lottery



Car Lottery



WIN A BMW

2021 BMW 430i xDrive Coupe from



Georgian BMW

Don't miss the Early Bird Prize Draw!

Tickets Available Online: \$25 each or 5 for \$100

Visit: winacar.kempfenfeltrotary.ca

Grand Prize Draw

Saturday July 31, 2021 - 2:15 p.m.

The grand prize winner will be awarded a 2021 BMW 430i xDrive valued at \$60,511.80.

Runner Up Prize Draw

Saturday July 31, 2021 - 2:00 p.m.

The Runner Up Prize winner will be awarded a Solar Cottage System (kit only) donated by Alternate Power International Ltd valued at \$2,373.00 (including taxes, does not include installation, ESA permit or inspection)

Early Bird Prize Draw

Saturday May 1, 2021 - 2:00 p.m. 2021

The Early Bird Prize winner will be awarded a Sony 55" 4K UHD HDR LED Android Smart TV (XBR55X900H) valued at \$1,340.44 (including taxes and disposal fees).

Proceeds are directed to three local charities, including Gilda's Club Simcoe Muskoka

Grow For The Green @ Bradford Greenhouses

**Support Gilda's Club
when you shop at
Bradford Greenhouses**



Mother's Day is almost here and whether you are planning on lavishing your mom with the spectacular colours of Spring, or just preparing for your gardening - remember you can be supporting Gilda's Club at the same time!

Starting April 15th, Bradford Greenhouses Garden Gallery (Barrie & Bradford locations) has selected Gilda's Club as one of the organizations they will support in their Grow For Green fundraiser and is running now until the Fall. Whenever you are shopping at Garden Gallery, please say you support Gilda's Club before the cashier starts to check through your items.

Thank you to Bradford Greenhouses Garden Gallery for generously directing a portion of your sale to provide free support to anyone impacted by cancer.

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