

December 2021



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

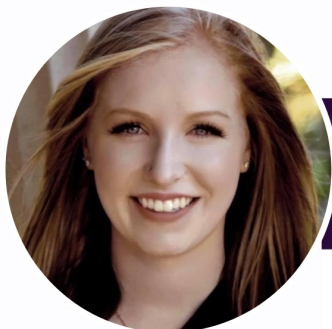


## ***A Season of Celebrations***

Gilda's Club Simcoe Muskoka is celebrating some incredible recognition for our Child, Youth & Family Coordinator, Jocelyn Leworthy, MSc, CCLS. Jocelyn receives her Top 40 Under 40 in Cancer award later today for her exceptional leadership in program delivery, innovation and excellence. Jocelyn is an important part of our amazing program team, and her work is made possible thanks to our community of members, volunteers and donors.

We should all celebrate this amazing accomplishment coming to our region, and that our rising stars and emerging leaders are key contributors to the field of cancer care.

***Congratulations Jocelyn and thank you  
for your incredible support of our youngest members.***



## **40 Under 40 in Cancer** Rising Stars and Emerging Leaders

**I am honored to be a 2021 winner!**

**Jocelyn Leworthy**  
MSc, CCLS, RECE  
Child, Youth, & Family  
Coordinator

Celebrate with me at the  
**Virtual 40 Under 40 in Cancer Awards Event**  
Wednesday, December 1 • 6:30pm EST

RSVP at [www.tlg.site/2021-40U40VC](http://www.tlg.site/2021-40U40VC)



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# (Mostly) Virtual Clubhouse & Program Activities

DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat
		10-10:45 Journaling 1 1-2:30 Facing Forward Support 3-4 Qigong 6:15-7 Kids Support	2 7:30-8:30 Young Adult Living With Loss 8:30-9:15 Preparing Children For Medical Experiences	3 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	4 11-12 Youth Bake
11:30-12:15 Pilates 6 1-3 Holiday Gift Bags <i>IN PERSON</i> 3-4 Circle of Life Support 7-8 Adult Living With Loss Support 7-8:15 Family & Friends Support	10-10:45 Gentle Stretch 7 12-1 Let's Get Quizzical: Trivia Social 1:30-2:30 Support During Cancer Treatment 4:30-5 Story Time 6:30-8:00 Pediatric Caregiver Wellness	10-10:45 Journaling 8 12-1:30 Coping With Grief 3-4 Qigong 6:30-7:15 Mystery Movement <i>IN PERSON</i> 7-8 Teens Connect	9 12-1:30 Metastatic Networking 6:30-7:30 Youth With Cancer Connect 6:30-7:30 Men's Social 7:30-8:30 Young Adult Living With Loss	10 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	11 11-3 Winter Wonderland Family Social <i>IN PERSON</i>
11:30-12:15 Pilates 13 12:30 -2 Vision Boards 7-8 Adult Living With Loss Support	10-10:45 Gentle Stretch 14 12:00-1:00 Member Social <i>IN PERSON</i> 1:30-2:30 Support During Cancer Treatment 4:30-5:15 Winter BINGO 6-7:30 Winter Scenes	10-10:45 Journaling 15 1-2:30 Facing Forward Support 3-4 Qigong 7-8 Hot Chocolate Social	16 3-4 Chair Yoga & Meditation 6-7 Blood Cancer Networking	17 9:30-10:30 Good Morning Slow Flow Yoga 12-1 Coping With The Holidays <i>IN PERSON</i> 1:30-2:30 Member Social	
11:30-12:15 Pilates 20 1-2:30 Step-By-Step Painting Class <i>IN PERSON</i> 3-4 Circle of Life Support 6:30-7 Therapy Dog Visit 7-8:15 Family & Friends Support	10-10:45 Gentle Stretch 21 12-1 Let's Get Quizzical: Trivia Social 7:00-8:30 Breast Cancer Networking	10-10:45 Journaling 22 3-4 Qigong 7-8 Coping With The Holidays	23 6:30-7:30 Men's Social <i>IN PERSON</i>	24 <b>CLOSED CHRISTMAS EVE</b>	
27	28 <b>CLOSED</b>	29 <b>ALL WEEK</b>	30 <b>WINTER HOLIDAYS</b>	31	

Questions or comments for our Cancer Support Program?

Email [program@gildasclubsm.org](mailto:program@gildasclubsm.org)!

## Clubhouse Access - Survey, Vaccine and Mask requirements

Due to COVID-19, Clubhouse access is still restricted to a limited (but growing) list of activities.

The safety of all people at Gilda's Club requires that everyone complete our Visitor Survey (and receive a green checkmark), show their Vaccine Passport, and wear a mask at all times.

This must be completed for every visit to the clubhouse.

A survey link is shared with every in-person every program notice and should be completed in advance. Safety protocols of cleaning tablets used for survey and admissions will require your patience and early arrival.



## Painted Door Realty Garden Dome



A simple pleasure can be the difference. Dining out! Yes, winter has its hardships, but we have the right perspective to safely enjoy a night out. Designed for participants' safety, this Snowglobe is easily cleaned, Dyson HEPA heated, and flexible to your caterer of choice.

Safe. Simple. Find out how to support our members' families or enjoy your own evening on the date of your choice.

Details coming soon on our [events page](#).

## Gilda's Club Christmas Ornaments

We have a unique and limited amount of Ornaments designed from Great Bear Products with proceeds supporting our Cancer Support Program. Ornaments are \$15 each, hand-stained and designed ***So that no one faces cancer alone™***

Email [admin@gildasclubsm.org](mailto:admin@gildasclubsm.org) to get yours today, or stop by the Clubhouse!



## Raw & Reflective - Give a Gift that is perfect for 2022



RAW & REFLECTIVE<sup>2022</sup>

### The 2022 Raw & Reflective Calendar

The Raw & Reflective calendar has raised over \$53,000 in the last two years. Only \$20 each this calendar directs all proceeds to our Cancer Support Program at Gilda's Club. An easy and perfect gift that has the most incredible and impactful stories

***No supply chain issues - get yours today at Gilda's Club or [admin@gildasclubsm.org](mailto:admin@gildasclubsm.org)!***

# 2022 Events - Save The Dates

GILDAS CLUB  
SIMCOE MUSKOKA  
PRESENTS

## A Sunday Afternoon at the Lake

An afternoon  
of music,  
fine food  
and drink

SUNDAY, JUNE 12, 2022  
3:00 - 7:00 PM  
KEMPENFELT BAY,  
NORTH SHORE

Event details at  
[gildasclubsimcoemuskoka.org](http://gildasclubsimcoemuskoka.org)



## 2022 RED DOOR CURLING BONSPIEL



An Affiliate of the  
CANCER SUPPORT COMMUNITY

**SAVE THE DATE**  
SATURDAY, FEBRUARY 5, 2022

AT BARRIE CURLING CLUB

## 2022 RED DOOR GOLF CLASSIC



An Affiliate of the  
CANCER SUPPORT COMMUNITY

**SAVE THE DATE**  
WEDNESDAY, JULY 13, 2022

AT BEAR CREEK GOLF CLUB



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CANCER SUPPORT COMMUNITY

## Save the Date

Friday August 19 2022

at Innisbrook Golf Course



## BOARD OF DIRECTORS

Ruth Watson – Board Chair  
Christine Charlebois  
Patricia Gilbert  
Mark Jepp  
Mike Lassaline  
Kelly Letourneau  
Domenic Maccarone  
Lise McCourt  
Paulina Molnar  
Deb Van Natter  
Ashley Oliver  
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