



A New Hope

January 2021

We usher in 2021 fostering a hope that this is going to be “the year” to recapture some of the connections and activities that enrich our lives. We are a social creature and we all are yearning for the chance to safely experience the comforting surroundings of our Clubhouse and enjoy the support that Gilda’s Club was born to provide.

We have a full first quarter of programming to be proud of, and the return of some favourite programming options on the virtual landscape! Despite the provincial lockdown that started on Boxing Day we continue to build our community by extending the reach and impact of our free Cancer Support Program.

So many tremendous people, volunteers, businesses, and community groups have donated and supported your Gilda’s Club Simcoe Muskoka to help anyone impacted by cancer in 2020. We are so thankful for this support as it provides a powerful purpose for this coming year.

I would like you to help us build a larger community and share this Newsletter with someone you know. Help us reach new club members, volunteers, supporters and donors and create the year that we envision!

This month’s newsletter is small. No event promotions, volunteer updates or news. We will build as this year progresses and as our cancer support community grows. Help us build our community. Help us grow our community. ***Help us prove that community is stronger than cancer.***

Aaron Lutes
Executive Director

Virtual Clubhouse & Program Activities

JANUARY

MON	TUE	WED	THU	FRI	SAT
				CLOSED NEW YEARS DAY	1
4 12-12:45 Pilates	5 10-10:45 Slow Flow Yoga	6 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong	7 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social	8 1:30-2:30 Member Social	
11 12-12:45 Pilates 3-4 Circle of Life Support	12 10-10:45 Slow Flow Yoga 5:30-6:30 Family & Friends Support	13 10-10:45 Journaling 1-2:30 Cool Blue Winter Landscapes 3-3:45 Qigong 7-7:45 Family Yoga	14 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	15 1:30-2:30 Member Social	
18 12-12:45 Pilates 6-7:30 A Sense of Perspective	19 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 5:30-6:30 Dinner Is Better Together	20 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Medical BINGO	21 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-7:45 Therapy Dog Visit	22 1:30-2:30 Member Social	23 11-12 Just For Sibs Celebration: Kids 12-1 Just For Sibs Celebration: Teens
25 12-12:45 Pilates 3-4 Circle of Life Support 6:30-8 Youth Paint Night	26 10-10:45 Slow Flow Yoga 5:30-6:30 Family & Friends Support 7:00-8:30 Breast Cancer Networking	27 10-10:45 Journaling 3-3:45 Qigong	28 10-10:45 Gentle Stretch 12-1:30 Goal Setting In Uncertain Times 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	29 1:30-2:30 Member Social	

Questions or comments for our Cancer Support Program?
Email [program@gildasclubsm.org!](mailto:program@gildasclubsm.org)

The Program Team is working hard to provide the programming you want and need!

Make sure to fill our their questionnaires and forms to keep them informed of your Cancer Support Program!

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