



March 2021

When can I get a COVID-19 vaccine?

Beginning on March 1, people who belong to one of the [Phase 1 priority groups](#) are eligible to receive the COVID-19 vaccine. As vaccine doses are limited, The Simcoe Muskoka District Health Unit continues to focus on local residents based on high risk priority and therefore are starting to vaccinate specific age ranges in some of the priority groups. They will continue to update this information.

- Adults 80 years of age and older. At this time, only adults 85 years of age and older are eligible to book an appointment locally.
- All Indigenous adults. At this time, only Indigenous adults 55 years of age and older and their adult household members 16 years of age and older (Indigenous or non-Indigenous) are eligible to book an appointment locally.
- Adult recipients of chronic home care.
- Staff, residents and caregivers in other congregate care settings for seniors (i.e. assisted living).
- Mobile clinics will be used to vaccinate these individuals.
- Very High Priority frontline health care workers in accordance with the [Ministry of Health's Guidance on Health Care Worker Prioritization](#)

If you belong to one of these groups,

[CLICK HERE](#) to book your appointment.

Community clinics throughout Simcoe and Muskoka will be ready to open March 1st, pending supply of the vaccine. Clinics will be by appointment only and will focus on serving priority groups as identified in Ontario's guidance and SMDHU's own prioritization framework as vaccine supply becomes more readily available.

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

Virtual Clubhouse & Program Activities

MARCH

MON	TUE	WED	THU	FRI	SAT
1 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	2 10-10:45 Slow Flow Yoga	3 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Cancer 101 For Kids 6:30-8 Newly Diagnosed Cancer Support 6-6:45 Kids Grieve Too 7-8 Teens Connect	4 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	5 1:30-2:30 Member Social	
8 12-12:45 Pilates 3-4 Circle of Life Support 7:30 - 8:30 Living With Loss Support	9 10-10:45 Slow Flow Yoga 12-1:30 Countering Self-Criticism 5:30-6:30 Family & Friends Support	10 10-10:45 Journaling 3-3:45 Qigong 4:30-5:15 Family Yoga 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	11 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Youth Self-Esteem Workshop 7:30-8:30 Mindfulness	12 1:30-2:30 Member Social	
15 12-12:45 Pilates 6-7:30 Abstract Painting 7:30 - 8:30 Living With Loss Support	16 10-10:45 Slow Flow Yoga 5:30-6:30 Dinner Is Better Together	17 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support 7-8 Teens Connect	18 10-10:45 Gentle Stretch 1:00-2:30 Monet's Japanese Bridge 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	19 1:30-2:30 Member Social	20 11-12 Kids Club (ages 5-12)
22 12-12:45 Pilates 3-4 Circle of Life Support 7:30 - 8:30 Living With Loss Support	23 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 5:30-6:30 Family & Friends Support	24 10-10:45 Journaling 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	25 10-10:45 Gentle Stretch 12-1:30 The Importance of Self Care 2-3 Chair Yoga & Meditation 6:30-7:15 Virtual Therapy Dog Visit 6:30-7:30 Men's Social	26 1:30-2:30 Member Social	
29 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	30 10-10:45 Slow Flow Yoga 7-8 Child Life: Supporting Children & Youth Impacted by Cancer 7:00-8:30 Breast Cancer Networking	31 10-10:45 Journaling 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support 7-8 Teens Connect			

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



Star Wars Auction



In A Galaxy Not So Far Away!

Details to be launched in April and auction closing on **May the Fourth** (be with you)

Birthday Fundraisers on Facebook

Tony King
February 5 at 9:10 AM · 🌐

Thank you everyone so far and to **Tim Westin** for getting me to \$1000.00. I am humbled!
24 days until my birthday. Ironic because I can only count in 6s, 12s and 24s after this life!
Thanks again for supporting Gilda's Club. It's needed now more than ever.
Stay positive and test negative!!!

Tony's birthday fundraiser for Gilda's Club Simcoe Muskoka
Fundraiser for Gilda's Club Simcoe Muskoka by Tony King

\$1,150 raised of \$1,500

Tim Westin, Tony King and 15 others donated. [Donate](#)

Facebook has made this so easy!

Many charities find, cultivate and enjoy a vibrant community through events and fundraising activities. One of the most significant impacts of a global health crisis has certainly been the ability to host events and activities in person, and raise important funds to continue providing care and services.

We engage in social media in many ways to cope with the isolation and daily challenges of social distancing - especially those who are immune compromised or high risk such as our members.

Gilda's Club Simcoe Muskoka is encouraged by those who have turned a birthday or anniversary into a fundraiser for us, and we hope that everyone could consider this year asking family and friends to help raise money.

[Facebook](#) almost does the process for you! Select your charity and confirm the details that suit you - and know that everything can be changed or updated and Facebook manages digital receipts.

Long-time supporters Crystal Taylor and Tony King have taken up this challenge and these two alone (along with their family and friends) have raised \$2,000 for our Cancer Support Program. Thank you Crystal and Tony!! How much can our community raise in 2021?

#thankyou #grateful

Crystal's Birthday Fundraiser for Gilda's Club Simcoe Muskoka
Fundraiser for Gilda's Club Simcoe Muskoka by Crystal Taylor

\$500 raised of \$500
11 people donated. Ended

If you need a little help, please reach out to admin@gildasclubsm.org and we will happily help!

Painted Door Realty Garden Dome at Gilda's Club



Simcoe Muskoka District Health Unit is moving to Grey (Lockdown) as of March 1st.

Members of the same household will still be able to access this space. (Individuals who live alone, including seniors, may consider having exclusive, close contact with another household to help reduce the negative impacts of social isolation)

Alternative dates will be made available to anyone affected, please contact us if you have questions.



We are so pleased to welcome [Painted Door Realty](#) to Gilda's Club Simcoe Muskoka and their title sponsorship of the Garden Dome in our Courtyard of Hope!

Evenings for Members, Volunteers, and Donors exist as well as important awareness campaigns with media partners [Rock 95](#) and [Kool 107.5](#) to give away evenings to listeners and followers!

The team at [400 Chrysler](#), [Barrie Chrysler](#) and [AutoIQ](#) have long supported Gilda's Club Simcoe Muskoka and are also hosting special evenings for their select guests.

Some special evenings will be auctioned off and all proceeds are supporting the Cancer Support Program at Gilda's Club Simcoe Muskoka.

Thank you Kara, Kraig and the whole Painted Door Realty team for supporting these special evenings out!

Tim Hortons Waiting for someone receiving care in RVH's Cancer Centre during the day and have no place to go? This space is available for you!
Daytime Sponsor for Feb/March

A special Thank You to the following supporters for financial and in-kind contributions to make this sanctuary space possible!



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