



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

## ***We are a beacon of hope***

Gilda's Club is a light at the end of the tunnel for many in the midst of a cancer journey.

Help us shine brighter than ever on Sunday November 27<sup>th</sup> and join us at our Clubhouse as we light up our Clubhouse for the first time ever. We want our community to celebrate excellent support with us and share what Gilda's Club means to them. ***Visit the last page of the Newsletter to see how your year-end gift can be matched by Bayshore Foundation for Empowered Living.***

September saw 39 new members join our free Cancer Support Program and over half were recommended to join by family and friends. We are a beacon of hope for our community, and if you are reading this then you are part of our spectrum of support.

Join us for some great family-friendly fun on Sunday November 27<sup>th</sup>!!

MON	TUE	WED	THURS	FRI	SAT/SUN
<b>31</b>  11:00-12:00pm Hatha Yoga 7:00-8:30 Breast Cancer Networking	<b>1</b> 10:00-3:00pm Sewing & Quilting 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 7:30-8:00pm Teen Support (Age 13-17) 6:30-8:00pm Parenting Support Series	<b>2</b> <b>CLOSED</b> <b>PROFESSIONAL DEVELOPMENT DAY</b> 1:00-2:30pm Facing Forward Support 6:30-7:30pm Journaling 7:00-8:15pm Living with Loss	<b>3</b> 11:30-12:15pm Pilates 1:30-2:30pm Tea & Talk	<b>4</b> 10:00-11:00am Qigong Yoga 12:00-12:30pm Walking Group	<b>5</b> 1 Teddy Bear Clinic: 10:00-11:00am (Group 1) 11:00-12:00pm (Group 2) <b>6</b>
<b>7</b> 11:00-12:00pm Hatha Yoga 2:00-3:15pm Living With Advanced Cancer 7:00-8:15pm Family & Friends Support	<b>8</b> 10:00-3:00pm Sewing & Quilting 1:00-2:00pm Chair Yoga & Meditation 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 6:30-8:00pm Parenting Support Series	<b>9</b> 10:00-11:00am Journaling 11-12 The Alchemy of Breath	<b>10</b> 11:30-12:15pm Pilates 6:30-7:30pm Men With Cancer Connect 6:00-8:00pm Poppies	<b>11</b> 10:00-11:00am Qigong Yoga 12:00-12:30pm Walking Group	
<b>14</b> 11:00-12:00pm Hatha Yoga 12:00-1:30pm Soup Social 7:00-8:30pm Metastatic Networking	<b>15</b> <b>National Berevement Day</b> 10:00-3:00pm Sewing & Quilting 12:00-1:00pm - Blood Cancer Networking 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 7:00-8:00pm Teen Support (Age 13-17) 6:30-8:00pm Parenting Support Series	<b>16</b> 10:00-11:00am Journaling 11:00-12:00pm The Alchemy of Breath 1:00-2:30pm Facing Forward Support 6:00-7:00pm Blood Cancer Networking 7:00-8:15pm Living with Loss	<b>17</b> 11:30-12:15pm Pilates 1:30-2:30pm Tea & Talk	<b>18</b> 10:00-11:00am Qigong Yoga 12:00-12:30pm Walking Group	
<b>21</b> 11:00-12:00pm Hatha Yoga 2:00-3:15pm Living With Advanced Cancer 7:00-8:15pm Family & Friends Support	<b>22</b> 10:00-3:00pm Sewing & Quilting 10:00-11:30am Skills for Effective Communication 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 6:30-8:00pm Parenting Support Series 7:00-8:00pm Tween & Teen Paint Night	<b>23</b> 10:00-11:00am Journaling 11:00-12:00pm The Alchemy of Breath 1:00-2:30pm Managing Cancer-Related Fatigue 6:00-7:00pm Water Colour Holiday Cards (Family Paint Night) 7:00-8:15pm Living with Loss	<b>24</b> 11:30-12:15pm Pilates 6:30-7:30pm Men With Cancer Connect	<b>25</b> 10:00-11:00am Qigong Yoga 12:00-12:30pm Walking Group	
<b>28</b> 11:00-12:00pm Hatha Yoga 12:00-1:30pm Soup Social 7:00-8:30 Breast Cancer Networking	<b>29</b> 10:00-3:00pm Sewing & Quilting 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 7:30-8:00pm Teen Support (Age 13-17) 6:30-8:00pm Parenting Support Series	<b>30</b> 10:00-11:00am Journaling 11:00-12:00pm The Alchemy of Breath 1:00-2:30pm Focusing on Self-Care 7:00-8:15pm Living with Loss	 <h1>November</h1>		

MON	TUE	WED	THURS	FRI	SAT/SUN
 <h1>December</h1>			<b>1</b> 11:30-12:15pm Pilates 1:30-2:30pm Tea & Talk <b>5:00-8:00 pm Holiday Bash</b>	<b>2</b> 10:00-11:00am Qigong Yoga	
<b>5</b> 11:00-12:00pm Hatha Yoga 2:00-3:15pm Living With Advanced Cancer 7:00-8:15pm Family & Friends Support	<b>6</b> 10:00-3:00 Sewing & Quilting 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 6:30-8:00pm Parenting Support Series 7:00-8:00pm Teen Social/Baking	<b>7</b> 10:00-11:30am Step by Step Painting 1:00-2:30pm Facing Forward Support 6:30-7:30pm Journaling 7:00-8:15pm Living with Loss	<b>8</b> 11:30-12:15pm Pilates 6:30-7:30pm Men With Cancer Connect	<b>9</b> 10:00-11:00am Qigong Yoga	
<b>12</b> 11:00-12:00pm Hatha Yoga 12:00-1:30pm Soup Social 7:00-8:30pm Metastatic Networking	<b>13</b> 10:00-3:00pm Sewing & Quilting 10:30-12:00pm Managing Difficult Emotions 4:30-5:30pm Kid Support (Age 4-7) 5:45-6:45pm Kid Support (Age 8-12) 7:00-8:00pm Teen Support (Age 13-17)	<b>14</b> 10:00-11:00am Journaling 1:00-2:00pm Chair Yoga & Meditation 7:00-8:15pm Living with Loss	<b>15</b> 11:30-12:15pm Pilates 1:00-3:00pm Holiday Ornaments 1:30-2:30pm Tea & Talk	<b>16</b> 10:00-11:00am Qigong Yoga	
<b>19</b> 11:00-12:00pm Hatha Yoga 2:00-3:15pm Living With Advanced Cancer 7:00-8:15pm Family & Friends Support	<b>20</b> 10:00-3:00pm Sewing & Quilting 12:00-1:00pm - Blood Cancer Networking	<b>21</b> 10:00-11:00am Journaling 1:00-2:30pm Facing Forward Support 6:00-7:00pm Blood Cancer Networking	<b>22</b> 11:30-12:15pm Pilates 6:30-7:30pm Men With Cancer Connect	<b>23</b> 10:00-11:00am Qigong Yoga	<b>24</b>  <b>25</b> <i>Happy Holidays!</i>
<b>26</b> <b>CLOSED</b> <b>BOXING DAY</b>	<b>27</b> <b>CLOSED</b> <b>HOLIDAYS</b>	<b>28</b> 10:00-11:00am Journaling	<b>29</b> 11:30-12:15pm Pilates	<b>30</b> 10:00-11:00am Qigong Yoga	<b>HAPPY New Year</b>

# National Bereavement Day - November 15, 2022

## [Coping with Holiday Grief - Registration Link Here](#)

The holidays can be a difficult & painful time when we are grieving.

Members are welcome to join us for a workshop designed to explore grief & learn coping strategies to help manage over the holidays.

**10:30am - 11:30am**

## [Film Screening & Facilitated Discussion - Registration Link Here](#)

Join us as we screen the documentary Speaking Grief. This documentary is a public media initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them. This is open to anyone and not just members.

The movie will be followed by a facilitated discussion.

**12:00pm - 2:00pm**

## Community is Stronger Than Cancer - Available Everywhere

Your Gilda's Club Simcoe Muskoka is part of a Network with dozens of Cancer Support Communities and Gilda's Club Worldwide.

Collectively we have created and support [www.mylifeline.org](http://www.mylifeline.org) and our Helpline 888-793-9355 so anyone, anywhere can access support.

### Free Support & Resources

- **Licensed community navigators provide support in over 200 languages**
- **Connections to local or national resources, including support groups, transportation services, and other programs**
- **Specialized information and navigation**
- **Treatment decision planning**

### What People Have Been Saying:

*"I was overwhelmed by the generosity and helpfulness of each person I spoke with! Thanks for getting me started in the right direction!"*

- Helpline Caller

*"I called and spoke to a helpline staff member, who was AMAZING! She listened with a caring ear to my story and provided me with resources and phone numbers for support."*

- Helpline Caller

*"Thank you. I've got hope on my horizon now." - Helpline Caller*

CANCER SUPPORT  
HELPLINE  
888-793-9355

A Program of the Cancer Support Community

**Gilda's Club Simcoe Muskoka**  
[www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)  
1-705-726-5199  
[program@gildasclubsm.org](mailto:program@gildasclubsm.org)

**Cancer Support Helpline**  
Monday to Friday 9AM - 9PM EST  
Saturday-Sunday 9AM- 5PM EST  
[www.mylifeline.org](http://www.mylifeline.org)  
1-888-793-9355

# Catch The Ace



**Barrie Legion 147 and  
Rotary Club of Barrie  
have joined forces in support of  
our community!**

The Barrie Legion was one of the first to be approved for the Catch the Ace Lottery introduced by the Ontario Government in 2015.

Since 2017, The Legion has had 7 "successful" draws with over \$400,000 distributed to Weekly and JackPot Prize Winners!

With the proceeds they received, they contributed over \$100,000 back to other Barrie and Simcoe County charitable organizations including: Special Olympics Ontario; **Gilda's Club (Simcoe Muskoka)**; The Salvation Army and the Alzheimers Society.

The Legion also uses proceeds to ensure the Barrie Legion remains a place in our community where we honour our Veterans and our Canadian Military history.

The Legion is now partnering with the Rotary Club of Barrie where the collective experience will increase the reach and impact for organizations that serve our community.

A screenshot of the "Catch the Ace" Progressive Lottery website. The page has a dark blue background with a subtle pattern of playing cards. At the top, there are logos for Legion Branch 147 Barrie and the Rotary Club of Barrie. A navigation bar includes links for HOME, ABOUT, PAST WINNERS, CART, and a prominent orange button for PURCHASE TICKETS. The main heading reads "BARRIE LEGION BRANCH 147 &amp; THE ROTARY CLUB OF BARRIE" in orange and white, followed by "Catch the Ace" in a large, white, cursive font and "PROGRESSIVE LOTTERY" in white. A graphic of four playing cards (Ace of Spades, 8 of Diamonds, 4 of Clubs, and 8 of Hearts) is shown, with the Ace of Spades being the largest. Below this, there are four dark blue boxes with white icons and text: "WEEK: 07" with a calendar icon, "DRAW DATE: NOVEMBER 10TH" with a star icon, "EST JACKPOT \$11,000" with a dollar sign icon, and a "PURCHASE TICKETS" button with a card icon. A link "Click to visit Catch The Ace website!" is also present.

**Toy Tea is Back!!**



**DECEMBER 1, 2022  
10:00AM - 2:00PM  
GEORGIAN BMW**

An annual event, in support of the Simcoe-Muskoka Family Connexions and Gilda's Club. Admission is an unwrapped toy or donation.



**Georgian BMW**

**SAVE THE DATE**

Visit Toy Tea [Website](#)  
For more information

# Financial Worries? Free Workshop on Nov 17<sup>th</sup>

Clarity Private Wealth Solutions has designed a [6 Elements of a Safer, Happier Retirement Workshop](#) to help empower people to introduce some certainty into their financial situation in these uncertain times.

- High Interest Rates
- High Inflation
- Scary Markets

These are causing a lot of anxiety for people near, at, or already in retirement. You are invited to join and learn how to gain clarity & have some peace of mind in troubling times.

- Considerations
- Strategies
- Planning Opportunities

People should know about to reduce their stress and anxiety and bring some clarity into their personal financial life!

Clarity Private Wealth Solutions is bringing some their clients to visit Gilda's Club as the host on the 17<sup>th</sup>, and is open to the general public to help bring awareness to the great work Gilda's Club does!

## [Register](#) with Clarity Private Wealth Solutions directly.

### Central Ontario Office

Suite 201 - 128 Wellington St. West,  
Barrie, ON L4N 8J6

### Muskoka Office

15 South Mary Lake Road, Port Sydney, ON  
POB 1L0

*Disclaimer: Workshop is for educational purposes only. Past performance does not guarantee future results. No promises, guarantees or outcomes are made for the attendees results. Insurance products are sold exclusively by representatives who are licensed by the provincial regulators and registered with qualified financial services. Insurance products are provided through multiple insurance carriers. Segregated fund products are offered through multiple carriers. Subject to any applicable death benefit guarantee, any part of the premium or other amount is allocated to a segregated fund, is invested at the risk of the policy owner, and may increase or decrease in value according to the fluctuations in the market value of the assets of the segregated fund.*

**SUCH UNCERTAIN TIMES**

- High Interest Rates
- High Inflation
- Scary Markets

Looking for ways to get some peace of mind?  
Join us at our upcoming Live & Interactive Workshop:  
[6 Elements of a Safer, Happier Retirement](#)

Thursday November 17<sup>th</sup>, 2022  
6:30 pm  
Gilda's Club Simcoe Muskoka  
10 Quarry Ridge Road, Barrie, ON

**REGISTER HERE**

CLARITY PRIVATE WEALTH SOLUTIONS  
FOR YOUR WEALTH

GILDA'S CLUB  
SIMCOE  
MUSKOKA

# Raw & Reflective Calendar



## 2023 looks good

The Raw & Reflective calendar looks good - and will look even better in your home or office.

[Visit our website](#) to get yours today!

**Only \$25!**

## 2023 Theme is GRIT

Grit is a word with multiple meanings, and even in the simplicity of 4 letters this word grit can possess enough power to alter outcomes and directions.

No one has ever invited a cancer diagnosis into their home. Cancer is an uninvited guest that is dirty, rough and raw at every interaction. A journey or trek that is full of grit and abrasion that wears you down in the slowest of ways. Sandpaper on your spirit, desires and dreams.

The models, photographers and stories in this calendar meet that abrasive definition with one of their own design - one that personifies the ability to persist with passion and perseverance in the face of cancer.

This kind of passion is not about intense emotions, it's about having direction and commitment - and support.

**GRIT**  
The Only Way to  
Battle Cancer

2023 Raw & Reflective  
calendar now available.

Purchase yours here or online  
at [gildasclubsimcoemuskoka.org](http://gildasclubsimcoemuskoka.org)

**CONNECT**  
HAIR STUDIO

**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

Check out our [fundraising events pages](#) on our website for the latest information and details on all of our events!

# Light Up Gilda's Club - What will the Clubhouse look like?

Light Up Gilda's Club is filled with free family-friendly entertainment. Participate in fun activities like a Chili Cook-off where four local groups are competing for the title of best chili with funds for our programming.

Join us on Sunday November 27<sup>th</sup> from 3:00 PM to 5:30PM and celebrate Gilda's Club and how Community is Stronger than Cancer.

- Meet & Greet with Anna, Elsa & Olaf from Dream Parties
- A special dance performance from the very talented Dance Team of Hamilton School of Irish Dance

[Visit our webpage](#) for more details and information and watch Gilda's Club Simcoe Muskoka light up for the holiday for the first time!

Tours, Raw & Reflective Calendar sales, Auction, bake sale, and meet our staff and Program Team!



## 50% Matching Gift

All donations to [this link](#) *are matched by 50%* thanks to the Bayshore Foundation for Empowered Living

Check out our [fundraising events pages](#) on our website for the latest information and details on all of our events!

### BOARD OF DIRECTORS

Domenic Maccarone  
Board Chair  
Christine Charlebois  
Penny Darragh  
Scott Fairley  
Patricia Gilbert  
Ankush Goyal  
Kim Kieller  
Kelly Letourneau  
Lise McCourt  
Paulina Molnar  
Deb Van Natter  
Ashley Oliver  
Sarah Stewart  
Kelly Swift-Henderson  
Ruth Watson



**10 Quarry Ridge Road  
Barrie, ON L4M 7G1**

Telephone: (705) 726-5199  
Fax: (705) 726-7101

[admin@gildasclubsimcoemuskoka.org](mailto:admin@gildasclubsimcoemuskoka.org)

Charitable Registration # 87366 4205 RR0001

**WWW.GILDASCLUBSIMCOEMUSKOKA.ORG**

### STAFF

Aaron Lutes  
Executive Director  
Suzanne Ure  
Operations Manager  
Lybbi Torrance  
Events Coordinator  
Cara Dyke  
Volunteer Coordinator  
Joseph Pugelj MSW, RSW  
Program Director  
Erin King BSW, RSW  
Program Coordinator  
Paulette Light, MSW, RSW  
Program Manager  
Child, Youth & Family  
Tamara Christie,  
BSW Placement Student (4<sup>th</sup>Year)