

October, November, & December 2021

Program Calendar



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



Gilda's Club Simcoe Muskoka provides **FREE** professional emotional and social support services to those impacted by cancer. Who qualifies? Northern & Central Ontario residents who are:

- Living with a cancer diagnosis
- Finished cancer treatment
- Caregiving for someone with cancer
- Grieving the death of someone who died of cancer.

All ages, including children.

To register, call 705-726-5199
or email program@gildasclubsm.org

Please note that due to the ongoing COVID-19 pandemic, the majority of our services, including Support Groups and counselling, offered virtually through Zoom.

In-person activities are subject to limited availability and change.

Participants age 12 and up wishing to engage in in-person activities must be fully vaccinated and fully masked, and those ages 4 -12 must be fully masked. We are not able to accommodate any exceptions for in-person participants, under any circumstances. Our virtual services remain a safe and inclusive option for you.



10 Quarry Ridge Road, Barrie ON L4M 7G1

TEL: 705-726-5199 FAX: 705-726-7101

program@gildasclubsm.org

www.gildasclubsimcoemuskoka.org

Member Information

Please note that we are offering a combination of virtual, and in-person activities this quarter. See the legend below.



Virtual (on Zoom)



In-person (at our Clubhouse, 10 Quarry Ridge Rd in Barrie, ON)

Please note in-person activities are subject to change. Participants age 12 and up wishing to engage in in-person activities must be fully vaccinated and fully masked, and those ages 4-12 must be fully masked. We are not able to accommodate any exceptions for in-person participants, under any circumstances. Our virtual services remain a safe and inclusive option for you.



Individual Counselling



Members of Gilda's Club Simcoe Muskoka can receive **free**, short-term counselling with a registered mental health professional. We provide counselling to:

- ◆ Those who have a cancer diagnosis
- ◆ Those who have completed cancer treatment
- ◆ Those who are caregiving for someone with a cancer diagnosis
- ◆ Those who have had a family member or friend die from cancer (grief counselling)

Preference will be given to those who are not eligible for the Counselling and Support Services at the Simcoe Muskoka Regional Cancer Centre and/or their affiliated cancer centre. For more information, please contact us!

Networking Groups



Networking Groups are a monthly meeting space to connect with others who share a similar diagnosis. All Networking Groups at Gilda's Club Simcoe Muskoka are professionally facilitated by a registered Mental Health Professional. For more details or to see our Group Guidelines, contact us or check our Website!

Breast Cancer Networking



The last Tuesday of each month, 7:00– 8:30pm
(October 26; November 30; December 21)

Blood Cancer Networking



NEW DATE & TIME

The third Thursday of each month, 6:00 – 7:00pm
(October 21; November 18; December 16)

NEW Metastatic Networking



The second Thursday of each month, 12:00 – 1:30pm
(October 14; November 11; December 9)

Support Groups



Support Groups are a chance for Members to talk, find mutual support, and share wisdom with others who truly get it. All Support Groups at Gilda's Club Simcoe Muskoka are professionally facilitated by a registered Mental Health Professional. For more information or to see our Group Guidelines, contact us or visit our Website!

Family & Friends Support



A biweekly group for those caregiving for someone with any cancer diagnosis. Express feelings, gain insights, and get support from other caregivers.

1st & 3rd Monday of each month
7:00 – 8:15pm

Circle of Life Support



This hopeful, inspiring group is sure to fill you with comfort as you connect with others who truly understand what you're going through. For those with any late-stage and/or terminal cancer diagnosis.

1st & 3rd Monday of each month
3:00 – 4:00pm

Facing Forward Support



A biweekly group for those who are finished treatment for any type of cancer, and are looking for new skills and strategies for life after cancer.

1st & 3rd Wednesday of each month
1:00 – 2:30pm

NEW Support During Cancer Treatment



EIGHT-WEEK SERIES

A group for those with any type of cancer, in any type of treatment (including Western, non-traditional, homeopathic, alternative treatment and more). Connect with others who know what its like to go through cancer treatment while we still navigate a COVID-19 world, and gain skills & knowledge to cope.

Tuesdays, 1:30 – 2:30pm
First session: October 26
Last session: December 14

Adult Living With Loss Support



EIGHT-WEEK SERIES

For those ages 35+, who have had a family member or friend die from cancer. Find bereavement support with others who truly "get it", learn coping strategies, and share your own grief journey.

Mondays, 7:00 – 8:00pm
First session: October 18
Last session: December 13

NEW Young Adult Living With Loss Support



EIGHT-WEEK SERIES

For those ages 18-35, who have had a family member or friend die from cancer. Find bereavement support with others who truly "get it", learn coping strategies, and share your own grief journey.

Thursdays, 7:30 – 8:30pm
First session: October 21
Last session: December 9

NEW Pediatric Caregiver Wellness

LIMITED SERIES



For those who are parenting/caregiving for a child 0-17 living with cancer or is recently post-treatment.

Monday, October 25 6:30 – 8:00pm
Sunday, November 14 1:00 – 3:00pm
Tuesday, December 7 6:30 – 8:00pm

Art Classes

Classes marked with a  have materials kits available for pickup at the Clubhouse. Please enquire when registering.

Monster Mash

'Tis the season for the appearance of monsters and other wild things! Time to create paper masks. A variety of paper sculpture techniques will be shared.

Tuesday, October 12 **IN PERSON**
1:00 – 3:00pm

Abstract Painting

Color, techniques and composition are the focus of this painting class, with a lot of playfulness thrown in. Be prepared to be spontaneous!

Tuesday, October 12
6:00 – 7:30pm

Muskoka Landscapes

Trees, water and rocks are what we are going to practice painting in this acrylic painting class, as well as various techniques in order to produce some familiar landscapes of the surrounding areas with a hint of fall. If you have a photo you would like to refer to, please don't hesitate to bring it along.

Tuesday, November 9
6:00 – 7:30pm

Remember Your Poppy

We will use John McCrae's famous poem as the inspiration for creating beautiful poppy prints. Participants will be guided through the engraving process and transferring images onto paper.

Wednesday, November 10 **IN PERSON**
6:00 – 8:00pm

Holiday Gift Bags

Join us this holiday season as we create unique gift bags. We will be using watercolour, pencil crayons/crayons, and chalk pastels to transform pieces of paper into one of a kind gift packages.

Monday, December 6 **IN PERSON**
1:00 – 3:00pm

Winter Scenes

The influence of light on objects and in nature can make or break your composition. In this acrylic painting class, we will learn about proper highlighting without just adding white to create an inviting winter painting.

Tuesday, December 14
6:00 – 7:30pm

Step-By-Step Painting Class

Join Vivian for a guided paint lesson, no experience necessary! You will be amazed at the final result- a beautiful creation of your very own upon a piece of canvas!

Monday, December 20 **IN PERSON**
1:00 – 2:30pm



Virtual (on Zoom)



In-person (at our Clubhouse, 10 Quarry Ridge Rd in Barrie, ON)

Please note in-person activities are subject to change. Participants age 12 and up wishing to engage in in-person activities must be fully vaccinated and fully masked, and those ages 4-12 must be fully masked. We are not able to accommodate any exceptions for in-person participants, under any circumstances. Our virtual services remain a safe and inclusive option for you.

Movement Classes



All movement classes are led by certified instructors, are restorative and rehabilitative in nature, and are ideal for total beginners and/or those in any stage of cancer treatment.

Pilates

Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, & overall wellness.

Every Monday
11:30am – 12:15pm

Gentle Stretch **NEW DATE & TIME**

Enjoy a gentle warm-up followed by a restorative full-body stretch. All levels of mobility/ability are welcome and modifications will be offered if needed.

Every Tuesday
10:00 – 10:45am

Please note there is no class on October 12.

Qigong

An ancient Chinese practice uniting body, mind and spirit through conscious breath and gentle movement. The practice of Qigong (pronounced *chee-gung*) has the potential to benefit everyone, regardless of age, ability, life circumstances or belief systems.

Every Wednesday
3:00 – 4:00pm

Chair Yoga & Meditation

Enjoy gentle movement to awaken the spine, shoulders, and hips using the support of the chair, followed by a guided meditation to decrease stress and anxiety.

You will need a hard chair without arms, ex, kitchen or folding chair.

The third Thursday of each month
3:00 – 4:00pm

Good Morning Slow Flow Yoga

This mindful and mellow slow flow yoga class is a great way to start the day! Gently wake up your body and soothe away stress as you move at a slow pace, dancing with the breath. This class uses mainly ground-level postures, which can easily be modified for chair yoga as well. All movements and postures will be modifiable and suitable to all levels.

Every Friday
9:30 – 10:30am

NEW Hip Stabilization **FOUR WEEK SERIES**

Our body works as a whole— so when certain regions are not performing optimally, it has big impacts. This series is aimed at addressing the most common weaknesses seen in the lumbar back, pelvic, and hip complex.

Thursdays, 11:00am – 12:00pm

First session: October 21

Last session: November 11

NEW Chair Dance **FOUR WEEK SERIES**

Come enjoy music of the decades, with movement and improvisation while seated in a chair. Class finishes with a choreographed piece. Taught by Certified Dance Instructor Lauren Engel. Beginners & all levels of ability/mobility are welcome!

Tuesdays, 6:00 – 7:00pm **IN PERSON**

First session: November 9

Last session: November 30

Educational Workshops

Talking to Children & Youth About Cancer

Join Certified Child Life Specialist, Jocelyn Leworthy, for this presentation on how to talk to children and teenagers about cancer. Skills, open discussion, and support will all be included!

Thursday, October 21
8:30 – 9:15pm

Mental Health Wellness FIVE WEEK SERIES

Learn concrete skills for improving symptoms of anxiety, depression, or other mental health concerns, in the specific context of being impacted by both cancer and COVID-19. Skills will draw on Cognitive Behavioural Therapy (CBT), Self Compassion, and psychoeducation. *Open to those with an active cancer diagnosis, cancer survivors, and/or those caregiving for someone with cancer.*

Thursdays, 7:30 – 8:30pm
First session: October 28
Last session: November 25

Helping Children & Youth Cope With Emotions

Join Certified Child Life Specialist, Jocelyn Leworthy, for this presentation on how to help children and youth who are impacted by cancer in a variety of ways cope with the associated emotions. Skills, open discussion, and support will all be included!

Tuesday, November 16
8:30 – 9:15pm

NEW Skills For Effective Communication

Join Program Director, Sara Desroches, for this skills-based workshop that will leave you equipped to have productive conversations with family, friends, medical professionals, work colleagues, and more. You will learn how to set boundaries, get your needs heard and addressed, and decrease conflicts— especially as they relate to living a life impacted by cancer.

Friday, November 19
2:30 – 4:00pm

The Importance of Self-Care

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” Join Program Coordinator, Erin King, for this interactive discussion on the importance of self-care and ways to keep your light shining. Participants will have the opportunity to complete their own, personalized self-care plan.

Tuesday, November 23
12:00 – 1:30pm

Preparing Children For Medical Experiences

Join Certified Child Life Specialist, Jocelyn Leworthy, for this presentation on how to talk to, and prepare, children and teens who are going to undergo medical treatment. Skills, open discussion, and support will all be included!

Thursday, December 2
8:30 – 9:15pm

Coping With Grief

Join Program Director, Sara Desroches, and learn about the bereavement process and skills to help navigate your grief journey. Whether you are grieving the loss of a person, a lifestyle, a body part, or relationship, this workshop will cover a variety of cancer-related losses.

Wednesday, December 8
12:00 – 1:30pm

Vision Boards

Learn about the theory behind vision boards, then create one of your own. A vision board is a visualization tool, involving a collage of words and pictures that represent your goals and dreams. Join your Gilda's Club Community for this creative class and feel motivated to head into 2022!

SUGGESTED SUPPLIES: GLUE/TAPE; A BOARD, CANVAS, OR PIECE OF PAPER OF ANY KIND; PICTURES/CUT-OUTS; MARKERS/PENS/PENCILS/CRAYONS ETC.
OR USE A MATERIALS KIT PROVIDED BY GILDA'S CLUB.

Monday, December 13
12:30 – 2:00pm

Social Activities

Journaling

Join Program Coordinator, Erin, and your fellow members as we explore journaling as a group. This weekly class will highlight the benefits of journaling and feature both public and private journaling prompts. Each class will require a pen and a notebook.

Every Wednesday
10:00 – 10:45am

Let's Get Quizzical: Trivia Social NEW DATE & TIME

This informal, fun trivia social will be sure to test your knowledge! Our light-hearted competition will have questions for everyone. Join as an individual or invite the whole household. You might just leave with the top prize: bragging rights!

First & third Tuesdays of each month
12:00 – 1:00pm

Member Social

Join your Program Staff and fellow members as we virtually say 'hello', connect and check in. We may have to be physically distant but that does not mean that we have to be socially distant. Join us every Friday and keep connected with your Gilda's Club Community!

Every Friday, 1:30 – 2:30pm (VIRTUAL)
Second Tuesday / month, 12:00 – 1:00pm (IN PERSON)

Men's Social

Open to male-identified Members who have a current cancer diagnosis, or are post-treatment.

Connect with other men who are directly impacted by cancer. Know you are not alone as you chat, laugh, and ask questions with other guys who “get it”!

Second Thursday/ month, 6:30 – 7:30pm (VIRTUAL)
Fourth Thursday/ month, 6:30 – 7:30pm (IN PERSON)

Hot Chocolate Social

The ultimate cure for the winter chill! Warm up with a cup of hot chocolate, and curl up in front of the computer screen while you connect with other Members over fun, virtual ice-breaker games.

HOT CHOCOLATE KITS PROVIDED FOR PICKUP AT THE CLUBHOUSE

Wednesday, December 15
7:00 – 8:00pm

Coping With The Holidays

Join your Program Staff for this virtual social, focused on building support and learning skills to cope with the holidays while impacted by cancer. Two sessions to choose from- one virtual, and one in-person.

Friday December 17, 12:00 – 1:00pm (IN PERSON)
Wednesday December 22, 7:00 – 8:00pm (VIRTUAL)

Child, Youth & Families

INDIVIDUAL SERVICES FOR CHILDREN & TEENS: CHILD LIFE SESSIONS AT GILDA'S CLUB SIMCOE MUSKOKA

Individual Child Life Sessions provide **developmentally appropriate education** about cancer, treatment, and medical experiences;

Help children & teens **learn about medical experiences** they or their loved ones may experience;

Use **play and expressive activities** to help children and teens learn about, and develop, healthy coping strategies and express feelings;

Provide **guidance and support** to adults supporting children with information-sharing, talking about cancer, coping, etc.

Interested in individual services for your child who is impacted by cancer?

E-mail Jocelyn@gildasclubsm.org



Child & Teen Support Groups

Kids Support™



EIGHT-WEEK SERIES

Children ages 5-11 who have had a loved one living with cancer. This group, just for kids, is designed to provide education, creative expression, relaxation techniques, healthy communication and socialization for children who have a family member or friend living with cancer.
Wednesdays, 6:15 – 7:00pm
First session: October 13
Final session: December 1

NEW Express Yourself Through Music



5-WEEK SERIES

Children ages 6-10 who have had a loved one living with cancer. Children will meet in-person with a Certified Music Therapist to use music as a tool to promote coping, as a modality for emotional expression, and as a way of connecting in a creative format.
Tuesdays, 4:30 – 5:30pm IN-PERSON
First session: October 19
Last session: November 16



Teens Connect



Teens ages 12-17 who have/had a loved one living with cancer. A biweekly group where teens can meet and chat with others their age who are touched by cancer. Each group will explore a new topic related to cancer, emotions, coping, etc. In addition to having a space where you can talk with others who “get it”, you’ll also be introduced to creative activities that allow you to express yourself and promote healthy coping.
Wednesdays, 7:00 – 8:00pm
Oct 13; Oct 27; Nov 10; Nov 24; Dec 8

Youth With Cancer Connection



Youth ages 9-13 who are living with cancer or are recently post treatment. This biweekly group allows youth to meet and chat with others their age who are impacted by cancer. Each session explores a new topic related to cancer, emotions, coping, and more. In addition to having a space where you can talk with others who “get it”, you’ll also be introduced to creative activities that allow you to express yourself and promote healthy coping.
Thursdays, 6:30 – 7:30pm
Oct 14; Oct 28; Nov 11; Nov 25; Dec 9

Child & Teen Activities

Kids’ Mindfulness



Children ages 4-10
 This activity provides a space where children can engage in fun and playful activity that promotes the practice of mindfulness.
Wednesday October 6, 4:30 – 5:15pm
Wednesday November 17, 4:30 – 5:15pm

Kids’ Creative Movement: Dance



Youth ages 8-13
 Learn, experiment, and have fun with body movement and contemporary dance with Certified Dance Instructor, Laura. **ALL SESSIONS ARE IN-PERSON.**
Move & Groove: Wednesday Oct 6, 6:30 – 7:15pm
Creative Movement: Wednesday Nov 3, 6:30 – 7:15pm
Mystery Movement: Wednesday Dec 8, 6:30 – 7:15pm

Youth Bake



Youth ages 8-14
 You won’t want to miss this sweet & tasty event, where you’ll make your own treats!
Saturday October 9, 1:00 – 2:30pm IN PERSON
Saturday December 4, 11:00am – 12:00pm VIRTUAL



Martial Arts



Youth ages 4-8, and 9-13.
 Children will relieve stress through movement in this martial-arts based class. Infusing and strengthening character traits of courage and bravery, while trying something new and believing in yourself. **ALL SESSIONS ARE IN-PERSON.**
Ages 4-8: Saturday October 9, 10:45 – 11:30am; and Saturday November 6, 10:45 – 11:30am
Ages 9-13: Saturday October 9, 11:45am – 12:30pm; and Saturday November 6, 11:45am – 12:30pm



Creating Coping Cards



Youth ages 8-17
 Join us to create your own coping card— a visual cue you can use to remind you what to do, when your feelings get heavy.
Wednesday October 13, 4:30 – 5:15pm

Cancer 101 For Kids



Youth ages 5-12
 This play-based workshop will help children learn about cancer in a fun and developmentally appropriate way. Kids can ask questions & connect with other children who have been impacted by cancer.
Wednesday October 20, IN-PERSON
4:30 – 5:30pm



A Letter To Someone I Love



Families with children/youth ages 0-17.
 Join us virtually to write or draw a meaningful message to your special person who has died from cancer. You will also have the opportunity to connect with others who have had someone in their life die from cancer, and share your feelings and experiences.
Wednesday, November 3
4:30 – 5:15pm

I Am Incredible Workshop



Children & youth ages 0-17.
 You really ARE incredible! Join us for a fun virtual workshop to discover everything that makes you amazing. Each one of us is unique- we all have strengths and things to offer.
Wednesday, November 10
4:30 – 5:30pm

Worry Creature Workshop



Youth ages 5-12
 This workshop will begin with a story about worries, and follows with a discussion to normalize, express, and validate worries. We will also discuss and practice coping strategies, including decorating your very own Worry Creature!
TEMPLATES OF THE WORRY CREATURE WILL BE AVAILABLE FOR CURBSIDE PICKUP.
Saturday, November 13
11:30am – 12:15pm

Youth Paint Night



Youth ages 8-17
 Join us for a fun evening of connection and creativity with our art instructor Vivian, who will walk the group through a guided canvas painting.
Monday, November 22
6:30 – 8:00pm



Mixed Emotions Of Grief



Children ages 5-12, who have had someone die from cancer. When someone close to us dies, there are so many emotions that can be felt. This virtual workshop will explore grief emotions through play-based activities, and teach children some helpful coping strategies.
Thursday, November 25
4:30 – 5:30pm

Families Connect

Families Connect activities are for children who are impacted by cancer, plus their family members. See description for specific age requirements.

Story Time

Families with children ages 0-10

Cozy up and join us for a story! Each story selected relates to a topic or theme that connects to a child's experience when they are touched by cancer. We will also engage in discussion and do a hands-on activity that relates to the book, to normalize and validate experiences while supporting coping, self-expression, and understanding.

Tuesday October 5, 4:30 – 5:00pm

Thursday November 4, 4:30 – 5:00pm

Tuesday December 7, 4:30 – 5:00pm



Therapy Dog Visit

Families with children ages 0-17

Join us and our furry friends from St. John's Ambulance. Meet therapy dogs, learn about them and how they help people, ask questions, and show off your own family pet or plush animal!

Thursday October 7, 6:30 – 7:00pm

Monday November 22, 4:30 – 5:00pm

Monday December 20, 6:30 – 7:00pm

BINGO

Families with children ages 0-17

Join us for a classic game of BINGO, where each session has a different theme. In addition to the fun, you'll get to connect with others and have the chance to win a prize.

Medical BINGO: Saturday October 13, 10:00 – 10:45am

Fall BINGO: Friday October 22, 4:30 – 5:15pm

Winter BINGO: Tuesday December 14, 4:30 – 5:15pm

Families Create

Families with children ages 0-17

Get together with your loved ones and get ready for a family fun art experience, where you will get to create together!

Thursday, November 4 **IN-PERSON**

5:30 – 7:00pm

NOOGIEFEST!



Pumpkin Carving Contest

Families with children 0-17

Pick up a pumpkin for your household, and put your creative minds to work. You can paint, carve, or create in any way you choose. Once your masterpiece is complete, submit a photo of your pumpkin to

Jocelyn@gildasclubsm.org to be entered into the contest!

Deadline to submit is October 29

Drive-Thru Trick-Or-Treat

Families with children 0-17

Time to get into the Halloween spirit. Drive by the Clubhouse in your costumes and/or decorated vehicle and claim your treat bag from GCSM Staff!

Tuesday, October 26 **IN-PERSON**

6:00 – 8:00pm (timeslots will be provided)



Celebration Of Life

Families with children 0-17 who have had someone die from cancer.

Come to the Clubhouse and take part in activities that will honour your loved one who has died from cancer.

Share memories and photos, make sentimental creations, and learn strategies that can be supportive when grieving.

Saturday, November 20 **IN-PERSON**

11:00 – 3:00pm (timeslots will be provided)

Remembrance Ornaments

Families with children ages 0-17 who have had someone die from cancer.

Join us to create a special keepsake ornament that can be a treasured sentiment to honour your special person.

Tuesday November 30

5:30 – 6:30pm



Winter Wonderland Family Social

Families with children ages 0-17

It's the most wonderful time of the year! Families with children under 18, come out to the Clubhouse for some winter wonderland games, treats, and seasonal fun!

Saturday, December 11 **IN-PERSON**

11:30am – 3:00pm (time slots will be provided)

Fri

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat
4 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	5 10-10:45 Gentle Stretch 12-1 Let's Get Quizzical: Trivia Social 4:30-5 Story Time	6 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 4:30-5:15 Kids Mindfulness: Gratitude & Family 6:30-7:15 Move & Groove IN PERSON	7 6:30-7 Therapy Dog Visit	8 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	9 10:45-11:30 Martial Arts-Ages 4-8 IN PERSON 11:45-12:30 Martial Arts-Ages 9-13 IN PERSON 1-2:30 Youth Bake IN PERSON
11 CLOSED THANKSGIVING	12 12-1 Member Social IN PERSON 1-3 Monster Mash IN PERSON 6-7:30 Abstract Painting	13 10-10:45 Journaling 3-4 Qigong 4:30-5:15 Creating Coping Cards 6:15-7 Kids Support 7-8 Teens Connect	14 12-1:30 Metastatic Networking 6:30-7:30 Youth With Cancer Connect 6:30-7:30 Men's Social	15 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
18 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8 Adult Living With Loss Support 7-8:15 Family & Friends Support	19 10-10:45 Gentle Stretch 12-1 Let's Get Quizzical: Trivia Social 4:30-5:30 Express Yourself Through Music	20 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 4:30-5:30 Cancer 101 For Kids IN PERSON 6:15-7 Kids Support	21 11-12 Hip Stabilization 3-4 Chair Yoga & Meditation 6-7 Blood Cancer Networking 7:30-8:30 Young Adult Living With Loss 8:30-9:15 Talking to Children & Youth About Cancer	22 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social 4:30-5:15 Fall BINGO	
25 11:30-12:15 Pilates 6:30-8:00 Pediatric Caregiver Wellness 7-8 Adult Living With Loss Support	26 10-10:45 Gentle Stretch 1:30-2:30 Support During Cancer Treatment 4:30-5:30 Express Yourself Through Music 6-8 Drive Thru Trick-Or-Treat IN PERSON 7:00-8:30 Breast Cancer Networking	27 10-10:45 Journaling 3-4 Qigong 6:15-7 Kids Support 7-8 Teens Connect	28 11-12 Hip Stabilization 6:30-7:30 Youth With Cancer Connect 6:30-7:30 Men's Social IN PERSON 7:30-8:30 Mental Health Wellness 7:30-8:30 Young Adult Living With Loss	29 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social Pumpkin Carving Contest entry DEADLINE!	

November

Mon	Tue	Wed	Thu	Fri	Sat
11:30-12:15 Pilates 1 3-4 Circle of Life Support 7-8 Adult Living With Loss Support 7-8:15 Family & Friends Support	10-10:45 Gentle Stretch 2 12-1 Let's Get Quizzical: Trivia Social 1:30-2:30 Support During Cancer Treatment 4:30-5:30 Express Yourself Through Music	10-10:45 Journaling 3 1-2:30 Facing Forward Support 3-4 Qigong 4:30-5:15 A Letter To Someone I Love 6:15-7 Kids Support 6:30-7:15 Creative Movement <i>IN PERSON</i>	11-12 Hip Stabilization 4 4:30-5 Story Time 5:30-7 Families Create <i>IN PERSON</i> 7:30-8:30 Young Adult Living With Loss 7:30-8:30 Mental Health Wellness	9:30-10:30 Good Morning Slow Flow Yoga 5 1:30-2:30 Member Social	10:45-11:30 Martial Arts-Ages 4-8 <i>IN PERSON</i> 11:45-12:30 Martial Arts-Ages 9-13 <i>IN PERSON</i>
11:30-12:15 Pilates 8 7-8 Adult Living With Loss Support	10-10:45 Gentle Stretch 9 12:00-1:00 Member Social <i>IN PERSON</i> 1:30-2:30 Support During Cancer Treatment 4:30-5:30 Express Yourself Through Music 6-7 Chair Dance <i>IN PERSON</i> 6-7:30 Muskoka Landscapes	10-10:45 Journaling 10 3-4 Qigong 4:30-5:30 I Am Incredible Workshop 6-8 Remember Your Poppy <i>IN PERSON</i> 6:15-7 Kids Support 7-8 Teens Connect	11-12 Hip Stabilization 11 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 7:30-8:30 Mental Health Wellness	9:30-10:30 Good Morning Slow Flow Yoga 12 1:30-2:30 Member Social	10-10:45 Medical Bingo 13 11:30-12:15 Worry Creature Workshop 1-3 Pediatric Caregiver Wellness
11:30-12:15 Pilates 15 3-4 Circle of Life Support 7-8 Adult Living With Loss Support 7-8:15 Family & Friends Support	10-10:45 Gentle Stretch 16 12-1 Let's Get Quizzical: Trivia Social 1:30-2:30 Support During Cancer Treatment 4:30-5:30 Express Yourself Through Music 6-7 Chair Dance <i>IN PERSON</i> 8:30-9:15 Helping Children & Youth Cope With Emotions	10-10:45 Journaling 17 1-2:30 Facing Forward Support 3-4 Qigong 4:30-5:15 Kids' Mindfulness 6:15-7 Kids Support	3-4 Chair Yoga & Meditation 18 6-7 Blood Cancer Networking 7:30-8:30 Young Adult Living With Loss 7:30-8:30 Mental Health Wellness	9:30-10:30 Good Morning Slow Flow Yoga 19 1:30-2:30 Member Social 2:30-4:00 Skills For Effective Communication	11-3 Celebration of Life 20 <i>IN PERSON</i>
11:30-12:15 Pilates 22 4:30-5 Therapy Dog Visit 6:30-8 Youth Paint Night 7-8 Adult Living With Loss Support	10-10:45 Gentle Stretch 23 12-1:30 The Importance of Self-Care 1:30-2:30 Support During Cancer Treatment 6-7 Chair Dance <i>IN PERSON</i>	10-10:45 Journaling 24 3-4 Qigong 6:15-7 Kids Support 7-8 Teens Connect	4:30-5:30 Mixed Emotions Of Grief 25 6:30-7:30 Men's Social <i>IN PERSON</i> 6:30-7:30 Youth With Cancer Connect 7:30-8:30 Young Adult Living With Loss 7:30-8:30 Mental Health Wellness	9:30-10:30 Good Morning Slow Flow Yoga 26 1:30-2:30 Member Social	
CLOSED 29 PROFESSIONAL DEVELOPMENT DAY	10-10:45 Gentle Stretch 30 1:30-2:30 Support During Cancer Treatment 5:30-6:30 Remembrance Ornaments 6-7 Chair Dance <i>IN PERSON</i> 7:00-8:30 Breast Cancer Networking				

Please note in-person activities are subject to change. Participants age 12 and up wishing to engage in in-person activities must be fully vaccinated and fully masked, and those ages 4—12 must be fully masked. We are not able to accommodate any exceptions for in-person participants, under any circumstances. Our virtual services remain a safe and inclusive option for you.

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	7:30-8:30 Young Adult Living With Loss 8:30-9:15 Preparing Children For Medical Experiences	9:30-10:30 Good Morning Slow Flow Yoga 3 1:30-2:30 Member Social	11-12 Youth Bake 4
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	12-1:30 Metastatic Networking 9 6:30-7:30 Youth With Cancer Connect 6:30-7:30 Men's Social 7:30-8:30 Young Adult Living With Loss	9:30-10:30 Good Morning Slow Flow Yoga 10 1:30-2:30 Member Social	11-3 Winter Wonderland Family Social <i>IN PERSON</i> 11
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	3-4 Chair Yoga & Meditation 16 6-7 Blood Cancer Networking	9:30-10:30 Good Morning Slow Flow Yoga 17 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	6:30-7:30 Men's Social <i>IN PERSON</i> 23	CLOSED 24 CHRISTMAS EVE	
27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED	

CLOSED ALL WEEK
WINTER HOLIDAYS

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