



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



# PROGRAM CALENDAR

OCTOBER, NOVEMBER,  
& DECEMBER 2024

---

## Free Cancer support for anyone impacted by cancer!

We are here to ensure that everyone impacted by Cancer receives the support they want and need throughout their experience. We offer **free**, professional-level social and emotional services as a complement to medical health care. Our evidence-based Cancer Support Program is shown to reduce cancer-related isolation and difficult emotions; and increase overall wellness for children, youth, & adults who are impacted by cancer.



## Get in Touch!



705-726-5199



[www.gildasclubsimcoemuskoa.org](http://www.gildasclubsimcoemuskoa.org)



10 Quarry Ridge Rd.,  
Barrie, ON, L4M7G1

## MEMBER INFORMATION!

**To become a member at Gilda's Club Simcoe Muskoka you must register for a Group Orientation. Our orientation sessions run every Wednesday from 2:30-3:30pm. There is no cost to be a member at Gilda's Club due to the generous support of our community!** We provide professional level psychosocial and emotional support to all individuals and families currently impacted by cancer. *All ages, stages, genders and types of cancer diagnosis welcome!*

**Registration is required for any program you wish to attend.** This helps us appropriately plan for materials & room set up, keep accurate waiting lists, and so we may contact you in case of any last minute changes. If you are registered for any activity but are unable to attend or you may be late, please try to give as much notice as possible by calling **(705) 726-5199** or email **program@gildasclubsm.org**

**Registration opens 4 weeks in advance for most programs, except for Qigong Yoga which opens 2 weeks in advance.**

**Please do not come to the clubhouse if you are feeling unwell! We are very thoughtful of not spreading germs, and be respectful to anyone who may enter the building whether it be staff, volunteers, members, or the community.**

### Hours of Operation for October, November and December 2024

Monday through Friday 9:00am to 4:00pm

We will be **closed** the following days in this upcoming calendar:  
October 14th (Thanksgiving Monday), October 10th (Staff P.D Day)  
December 25th– January 1st Closed for the Holidays.

Follow us on Social Media on:

Instagram @ Gildasclubsm or Facebook at facebook.com/gildasclubsm/



Respect and Inclusiveness

We are respectful and welcoming to all people touched by cancer with diverse backgrounds and perspectives. Members/participants are invited to "come as you are" in an environment that welcomes humor, honours learning, and encourages meaningful exchanges with others.

## Movement Classes



### **Hatha Yoga**

Discover the beauty of yoga, calming the body and calming the mind. A gentle practice suited to those on active cancer treatment and/or those who are brand new to yoga.

**Every Monday 11am-12pm IN-PERSON**

### **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 Thursday from 11:45am-12:45pm VIRTUAL**

**\*\*No Class October 17th\*\***



# Movement Classes



## Qigong Yoga (2 Sessions)

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.

**Session A Friday 10-11am    Session B Friday 11:30am-12:30pm    HYBRID**

## ShinSei Wellness Series

William works with you to promote better health, as well as a more positive outlook, and higher quality of life through physical exercise, mental focus, and emotional stability. We use gentle, relaxing, breathing, and moving exercises, meditative techniques, and facilitated discussion to help you recover your strengths, renew your focus, and restart your life.

**Every Tuesday from 10 to 11:30am IN-PERSON**

## Energy Balancing Sound Bath

A Sound Bath blends the pure sounds of crystal singing bowls with soothing vocal tones for a deeply relaxing therapeutic experience. As we journey through the chakra system, you will be gently guided to explore and release tension from your physical and energetic body. A group sound bath is an amazing way to connect with yourself, within a community of like-minded others. Class is run by Lisa Hutchinson!

**October 9th & 23rd, November 6th & 20th, December 4th & 18th from 10:30am-11:30am  
IN-PERSON**

## Massage Therapy with CTS College Students

It's important to talk with your oncologist before beginning massage therapy, especially if you have had recent surgery, or are being treated with chemotherapy or radiation therapy. As with any type of treatment, massage therapy carries potential risks, as well as contraindications. We are offering a free 30 minute massage with CTS College Students based solely on the advice from your physician should you consider massage. **October 29th, November 26th & December 17th 1-5pm**

**IN-PERSON**

## Line Dancing

Amie offers this low-impact dance class in which you'll learn a new dance each week and review past dances. You can go at your own pace, standing or seated, and take any rest breaks you need. Only 4 Dates Available so be sure to register early! **Every Other Tuesday From 11am -12pm**

**Starting October 8th IN-PERSON**

**Please Note \*\*\*Healthy Lifestyle Classes are aimed at promoting a healthy lifestyle while living with Cancer. Get your blood pumping, enjoy a gentle stretch or learn a new type of movement in these treatment friendly classes. We encourage you to consult with your doctor before taking any movement classes and follow the directions of your physician! \*\*\***



Gilda's Club Simcoe Muskoka would like to Thank the MDRT Foundation for their support!

## Support Groups



### Living with Advanced Cancer

Living with Advanced Cancer is a hopeful and inspiring group which is sure to fill you with comfort as you connect with others who truly understand what you're going through.

**Every Other Monday 1:30pm- 2:30pm VIRTUAL**

### Facing Forward Support (2 Groups)

Facing Forward is an on-line group for those who are finished treatment for any type of cancer, and are looking for new skills and strategies for life after cancer.

**First & Third Wednesday of each month from 1 - 2:30pm (New members) VIRTUAL**

**Every Second Wednesday of the Month from 1-2:00pm (Alumni group) VIRTUAL \*Exception Oct 16th\***

### Family and Friends Support (2 Groups)

Family and Friends Support is a group for members who are caregiving for someone with any cancer diagnosis. Express feelings, gain insights, and get support from other caregivers.

**Group A: EVERY SECOND & FORTH MONDAY  
6:00pm - 7:00pm VIRTUAL**

**GROUP B: EVERY OTHER THURSDAY  
12:30—2:00PM IN-PERSON**

### Living with Cancer Support Group

No matter what your current diagnosis this group is for anyone needing support with their current cancer experience. Come meet with members and a facilitator to guide healthy discussions.

**Every other Friday from 10:30am-12:00pm IN-PERSON \*\*No Group December 20th\*\***

### Grief and Loss- 6 Session Series

Open to members who have had a family member or friend die from cancer recently. Find bereavement support from others who "truly understand", learn coping skills and share your own experiences. **Every First & Third Monday from 6:30m-8:00pm IN-PERSON**

## Networking Groups



### Blood Cancer Networking

The first Wednesday of each month  
from **10:30am-12pm**

October 2; November 6; December 4 **IN-PERSON**

### Breast Cancer Networking (2 Groups)

#### Group A

The last Monday of each month  
from **7:00pm - 8:00pm**

OCTOBER 28; NOVEMBER 25; DECEMBER 23 **VIRTUAL**

#### Group B

Every Other Friday

Starting October 4th from **10:30am-12:00pm**

**IN-PERSON**

**Support & Networking Groups are a chance for members to talk, find mutual support and share wisdom with others who understand. You must be a registered member to attend a Support or Networking Group as these are professionally led by a Mental Health professional. Contact Program Team if these are of interest to you!**



### Sewing and Quilting

Do you enjoy sewing or quilting? Members are welcome to join this weekly group! Beginner or expert; join us for a lovely day of spinning a yarn or in conversation with others. Bring a project you are working on or start something new! Most materials are supplied. Knitters are welcome too!

**Every Tuesday from 12 - 3pm IN-PERSON \*\*No class on Nov 12th & Dec 24th\*\***

### Holiday Card Making

Join us to create holiday cards for all the special people in your life. We have all the materials needed to make some festive cards. This is a great opportunity to connect with other at Gilda's Club and enjoy the holiday spirit.

**December 5th 1-2pm IN-PERSON**

### MAD ART

Launched in 2017, this fun workshop offers instruction in the art of caricature from one of the top humor illustrators in the business. Come create with Sam Vivano Art Director for MAD Magazine and explore your artistic capabilities.

**November 21st from 6-8pm HYBRID**

### Art for Wellbeing with Dylan

Art for wellbeing looks to encourage and support you through creative expression. Artistic expression is the process of communicating one's thoughts, emotions, and ideas through various creative mediums. Convey your unique perspective of the world and your life experiences.

**October 15th from 10-11:30am & November 29th from 5-6:30pm IN-PERSON**

### Art Class with Kim "Group of Seven Landscapes"

The iconic work of Canada's Group of Seven artists will inspire this landscape workshop. Participants will learn about the various artists connected with this group of painters and create their own landscapes using oil pastels and natural brush conditioner. *No prior experience is necessary as the instructor will guide you to meet your potential.*

**October 17th from 6-8pm IN-PERSON**

### "Poppies" -

The poppy has been an enduring symbol of remembrance since the First World War. John McCrae's poem "In Flanders Fields" will inspire the creation of beautiful poppy images using a blotted line technique that helped launch Andy Warhol's career. *No prior experience is necessary as the instructor will guide you to meet your potential.*

**November 12th from 1-3pm IN-PERSON**

### "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. *No prior experience is necessary as the instructor will guide you to meet your potential.*

**December 19th from 1-3pm IN-PERSON**



## Social Activities

**BINGO!** Do you feel lucky? At Gilda's we will host three separate opportunities to come play B-I-N-G-O. Prizes will be available to those who have the winning numbers!

**Oct 24th, Nov 14th and Dec 12th from 1-2pm IN-PERSON**

**Men Connect:** *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 understand!

**Fourth Thursday of each month from 6 - 7:30pm IN-PERSON**

**Oct 24th, Nov 28th and Dec 12th (exception date)**

**Post Treatment Connect:** Join us at the clubhouse and connect with others who have completed treatment. This program is open to Members who have completed cancer treatment. Share stories, words of wisdom and encouragement to other Gilda's Club Members.

**Oct 17th, Nov 21st, and Dec 12th from 6-7pm IN-PERSON**

**Book Club:** Want to join likeminded individuals who read and share their thoughts about the books presented each month. Make new friends and discover new books!

**Second Friday of each month. Oct 11th, Nov 8th, and Dec 13th From 12-2pm IN-PERSON**

**Cards:** What is your relationship with Lady Luck? We invite you to the **Club** every week, where you can dig with your **Spade** to find fun. Laugh with others with all your **Heart**, and find the **Diamond** amongst the coal with every hand played.

**Monday & Wednesday from 1-3pm IN-PERSON**

**Journalling:** Join Program staff and your fellow Members as we explore journaling as a group. This bi-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 other Monday from 11am-12pm VIRTUAL**

**Trivia:** Come test your trivia skills! We will look at all genres including music, geography, history, Canadian History, movies, food and more.

**Oct 3rd from 3-4pm Nov 7th from 2-3pm Nov 28th 6-7pm Dec 5th from 2-3pm IN-PERSON**

**Holiday Feast!** We are inviting our Gilda's Club Simcoe Muskoka Members to join us in celebrating the Holiday Season! Join us in sharing food, fun and community at the Clubhouse.

**Dec 11th from 5-7pm IN-PERSON**

**Soup Social:** As the colder weather nears, visit us at the Clubhouse for a combination warm soup and warm conversation.

**Every other Tuesday Starting Oct 1st from 11am - 2pm IN PERSON**

**There will be no sessions Dec 24th.**



# Educational Workshops

## Women's Health Workshop- In HER Strength (6-Week Series) **\*\*NEW\*\***

This group is a 6-week series focused on women's health and wellbeing. Topics include values & personal strength, sexual & physiological health, relationship & boundary setting, and mental health and wellbeing. Members will learn and hear from experts and will have the opportunity to discuss and share experiences with the group. There will be an additional guest speaker each week. This series is open to female-identified Members living with cancer and up to 5 years post treatment.

**Tuesdays from 1:30 -3:30pm Starting October 1st IN-PERSON**

## Resilience Education (6-Week Series)

This educational series focuses on how to build emotional resilience in the face of stressful life events. Utilizing the metaphor of a sailboat at sea, we will explore the ways that stress impacts our overall wellbeing and practice techniques that will allow you to navigating life's choppy waters more smoothly. **Fridays From 12:30-1:30pm. Starting September 6 until October 18 IN-PERSON**

**\*NO CLASS SEPT 27\***

## Financial Resources Workshop- **\*\*NEW\*\***

Reza Mostafavi used to be a family physician in Iran. He came to Canada in 2013. In the new country, he decided not to pursue medicine and got his license in Insurance. Reza is now an expert in Insurance and financial markets. A short while ago, he noticed the economic difficulties that people experiencing cancer are dealing with. Which lead him to created Pinky Promiser. The goal of Pinky Promiser is to help those people use the financial resources available to them. **Disclaimer:** All the guidance from Reza is just for educational purposes. Also, Reza is not a tax specialist by any means. For more specific information regarding your taxes and personal finances, please get in touch with your accountant and financial advisor.

**Tuesday October 17th from 5:30-6:30pm IN-PERSON**

## Legal Support Workshop

Come join lawyers Cassandra and Paige as they discuss Wills & Estate planning, Power of Attorney, End of Life decisions, and MAID. This will be a presentation format with a Q&A session at the end. If you have any questions you specifically want addressed please contact a program staff and we will connect with the legal team.

**Wednesday October 30th from 11am-12:30pm IN-PERSON**

## FEELING BONE TIRED: MANAGING AND COPING WITH CANCER-RELATED FATIGUE

Cancer related fatigue is one of the most common and distressing side-effects of cancer and cancer treatment. Usually it is described as a persistent sense of physical, emotional and cognitive tiredness unrelated to activity and doesn't go away with rest. Individuals with cancer fatigue may describe it as an overwhelming feeling of being "bone tired". It can occur early in cancer treatment and persist as a chronic symptom for days, months and years after cancer treatment ends. You do not "just need to learn to live with it".

**November 19th: Understanding your fatigue**

**November 26th: Self -Management strategies to reduce fatigue**

**December 3rd: Physical activity and fatigue**

**December 17th: Stress and coping with fatigue**

**January 7th: Nutrition and cancer fatigue**

**January 14th: Sleep and cancer fatigue**

**Tuesdays from 2:00-3:30pm Starting November 19th IN-PERSON \*No class Dec 10th\***

# Educational Workshops

## Nutrition Workshop

Gilda's Club Simcoe Muskoka has partnered with the psychosocial oncology team's nutritionist to give a health & Wellness Workshop. Dietitians provide tips on food and nutrition to help you manage your symptoms and feel your best before, during and after your cancer treatment. This workshop will focus on managing common symptoms that arise during and after treatment, ensuring nutrition needs are being met, along with common questions that many of our patients have including sugar and cancer, use of antioxidants, and many others. This will be followed by a question and answer period to ensure your nutrition related questions are answered.

Your presenters will be a Hudson Regional Cancer Centre Registered Dietitian: Kim Witmer, Haley Jenkins or Megan McConney.

**Monday November 4th from 2-3:30pm IN-PERSON**

**Monday December 2nd from 2-3:30pm IN-PERSON**

## COPE Dog Therapy

Join us and the furry friends from COPE . Meet therapy dogs, learn about them and how they help people, ask questions. Dog will be in the clubhouse for you to socialize with

**Wednesday November 27th from 2-3pm IN-PERSON**

## Tax Q&A Information Session

We are hosting a Tax Question & Answer session Virtually with Kristine, a registered CPA. Program staff will be sending out a Survey via email closer to the date for Members to complete prior to the program. If you miss the email survey we will have an opportunity for you to ask Kristen your questions at the end of the session.

**Wednesday November 27th from 12-1pm Virtual**

## Guest Speaker: Ovarian Cancer: It's time for change!

Alicia Tone is a Collingwood native who has been in the ovarian cancer research field for more than 20 years. She has a PhD in Ovarian Cancer Biology from the University of Toronto, a post-doctoral fellowship in Ovarian Cancer Genomics from the BC Cancer Agency and was a Scientific Associate at the Princess Margaret Cancer Centre in Toronto for 7 years prior to joining Ovarian Cancer Canada in 2019. As Director of Research at the only national charity dedicated to the most fatal women's cancer, she works closely with scientists, clinicians and patient advocates across Canada to drive research progress and change ovarian cancer outcomes.

Presentation topics will include Ovarian Cancer 101; risk factors, symptoms, treatment etc. Opportunities for prevention and research progress and remaining gaps.

This presentation is open to our members and the community. Please register prior to the event online via our website.

**Thursday December 5th from 6-7:30pm IN-PERSON**





# OCTOBER

MONDAY



30

TUESDAY

1

10am Shinsei Wellness  
11am Soup Social  
12pm Sewing & Quilting  
1:30pm In Her Strength

WEDNESDAY

2

10:30am Blood Cancer  
Networking  
1pm Cards  
1pm Facing Forward  
2:30pm Group Orientation

THURSDAY

3

11:45am Pilates  
12:30pm Family & Friends  
Support B  
3pm Trivia

FRIDAY

4

10am Qigong A  
11:30am Qigong B  
10:30am Breast Cancer Networking B  
12:30pm Resilience

MONDAY

7

11am Journaling  
11am Hatha Yoga  
1pm Cards  
1:30pm Living with Advanced Cancer  
5pm Teen Support  
6:30pm Grief & Loss Support

TUESDAY

8

10am Shinsei Wellness  
11am Line Dancing  
12pm Sewing & Quilting  
1:30pm In Her Strength

WEDNESDAY

9

10:30am Energy Balancing  
Sound Bath)  
1pm Cards

THURSDAY

10

11:45am Pilates  
P.D DAY CLUBHOUSE CLOSED

FRIDAY

11

10am Qigong A  
11:30am Qigong B  
10:30am Living with Cancer Support  
12pm Book Club  
12:30pm Resilience

MONDAY

14

**CLOSED FOR  
THANKSGIVING**



TUESDAY

15

10am Shinsei Wellness  
10am Art for Wellbeing  
11am Soup Social  
12pm Sewing & Quilting  
1:30pm In Her Strength

WEDNESDAY

16

1pm Cards  
1pm Facing Forward  
1pm Facing Forward (Alumni)  
2:30pm Group Orientation

THURSDAY

17

12:30pm Family & Friends  
Support B  
5:30pm Financial Resources  
6pm Post Treatment Connect  
6pm Group of Seven Landscapes

FRIDAY

18

10am Qigong A  
11:30am Qigong B  
10:30am Breast Cancer Networking B  
12:30pm Resilience

MONDAY

21

11am Journaling  
11am Hatha Yoga  
1pm Cards  
1:30pm Living with Advanced Cancer  
6:30 Grief & Loss Support

TUESDAY

22

10am Shinsei Wellness  
11am Line Dancing  
12pm Sewing & Quilting  
1:30pm In Her Strength

WEDNESDAY

23

10:30am Energy Balancing  
Sound Bath  
1pm Cards  
1pm Group Orientation

THURSDAY

24

11:45am Pilates  
1pm Bingo  
6pm Men Connect

FRIDAY

25

10am Qigong A  
11:30am Qigong B  
10:30am Living with Cancer  
Support

MONDAY

28

11am Hatha Yoga  
1pm Cards  
6pm Family & Friends A  
7pm Breast Cancer Networking  
Group A

TUESDAY

29

10am Shinsei Wellness  
11am Soup Social  
12pm Sewing & Quilting  
1:30pm In Her Strength  
1-5pm Massage Therapy

WEDNESDAY

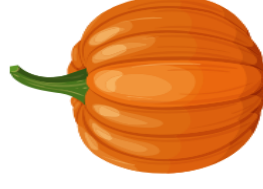
30

11am Legal Support  
Workshop  
1pm Cards  
1:30 Living with Advanced  
Cancer  
2:30pm Group Orientation

THURSDAY

31

11:45am Pilates  
12:30pm Family & Friends  
Support B



# NOVEMBER

FRIDAY

THURSDAY

WEDNESDAY




TUESDAY

MONDAY

28		29	30	31	1
4	11am Journalling 11am Hatha Yoga 1pm Cards 1:30pm Living with Advanced Cancer 2pm Nutrition Workshop 5pm Teen Support 6:30pm Grief & Loss Support	5	6	7	8
11	11am Hatha Yoga 1pm Cards 6pm Family & Friends A	12	13	14	15
18	11am Journalling 11am Hatha Yoga 1pm Cards 1:30pm Living with Advanced Cancer 6:30 Grief & Loss Support	19	20	21	22
25	11am Hatha Yoga 1pm Cards 6pm Family & Friends A 7pm Breast Cancer Networking Group A	26	27	28	29
2		3	4	5	6



# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11am Journalling 11am Hatha Yoga 1pm Cards 1:30pm Living with Advanced Cancer 2pm Nutrition Workshop 5pm Teen Support 6:30pm Grief & Loss Support	3 10am Shinsei Wellness 11am Line Dancing 12pm Sewing & Quilting 2pm Managing & Coping with Cancer Related Fatigue	4 10:30am Blood Cancer Networking 10:30am Balancing Sound Bath 1pm Cards 1pm Facing Forward 2:30pm Group Orientation	5 11:45am Pilates 1pm Holiday Cards 2pm Trivia 6pm Ovarian Cancer Canada Guest Speaker	6 10am Qigong A 11:30am Qigong B 10:30am Living with Cancer Support
9 11am Hatha Yoga 1pm Cards 6pm Family & Friends A	10 10am Shinsei Wellness 11am Soup Social 12pm Sewing & Quilting	11 1pm Cards 1pm Facing Forward (Alumni) 2:30pm Group Orientation 5pm Holiday Feast	12 11:45am Pilates 12:30pm Family & Friends Support B 1pm Bingo 6pm Post Treatment Connect 6pm Men Connect	13 10am Qigong A 11:30am Qigong B 10:30am Breast Cancer Networking Group B 12pm Book Club
16 11am Journalling 11am Hatha Yoga 1pm Cards 1:30pm Living with Advanced Cancer 6:30 Grief & Loss Support	17 10am Shinsei Wellness 11am Line Dancing 12pm Sewing & Quilting 2pm Managing & Coping with Cancer Related Fatigue 1-5pm Massage Therapy	18 10:30am Balancing Sound Bath 1pm Cards 1pm Facing Forward 2:30pm Group Orientation	19 11:45am Pilates 1pm Holiday Gift Bags	20 10am Qigong A 11:30am Qigong B
23 11am Hatha Yoga 1pm Cards 6pm Family & Friends A 7pm Breast Cancer Networking Group A	24 9am Holiday Cookies & Coffee	25 Closed For Christmas 	26 Closed For Christmas	27 Closed
30 Closed	31 Closed	1 Closed For New Years	2 	3 
6	7	8	9	10



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

*Did you know?*

***In the first 8 months of this year we have had 175 new members join the clubhouse!***

***We have had 4185 visits to all of our programs in the first 8 months!***

***Gilda's Club Simcoe Muskoka is one of 196 Cancer support community locations worldwide!***

***Your donation keeps these programs and options available to our members. Thank you to all of our sponsors, donors and volunteers for making Gilda's Club available so that No One Faces Cancer Alone!<sup>TM</sup>***

***Stay safe and please do not come to the clubhouse if you have cold or flu symptoms!***



We are an affiliate of Cancer Support Community and Gilda's Club Worldwide  
**Anyone | Anywhere | Anytime**  
**Our Network means that there is support across Canada**

Cancer Support Helpline ® 1-888-793-9355 [www.mylifeline.org](http://www.mylifeline.org)

**Gilda's Club Simcoe Muskoka**  
**Phone: 705-726-5199**  
**Email: [Program@Gildasclubsimcoemuskoka.org](mailto:Program@Gildasclubsimcoemuskoka.org)**