



## GILDA'S CLUB SIMCOE MUSKOKA

An Affiliate of the  
CANCER SUPPORT COMMUNITY

JANUARY  
FEBRUARY  
MARCH

GILDA'S CLUB **SIMCOE MUSKOKA**  
10 QUARRY RIDGE ROAD | BARRIE ON |  
L4M 7G1 | 705-726-5199  
PROGRAM@GILDASCLUBSM.ORG  
WWW.GILDASCLUBSIMCOEMUSKOKA.ORG

## FREE CANCER SUPPORT FOR ANYONE AFFECTED BY CANCER

To ensure that **No One Faces Cancer Alone!** We offer professional-level psychosocial emotional services as a compliment to medical health care. Our evidenced-based cancer support program is shown to reduce cancer-related isolation and difficult emotions; and increase overall wellness for children, youth and adults who are impacted by cancer.

Program calendar winter 2024

COME SEE WHAT  
GILDA'S CLUB SIMCOE MUSKOKA HAS  
TO OFFER!

NEW THIS SEASON—CBT FOR  
ANXIETY, YIN/YAN YOGA,  
SHIN SEI WELLNESS SERIES,  
AND COOKING CLASSES  
WITH MIRELLA!  
JOIN US THIS WINTER  
FOR KARAOKE,  
OR A MURDER MYSTERY....  
HOW ABOUT MAKE YOUR OWN  
MOCKTAILS OR TRIVIA?

SPACES ARE LIMITED  
AND WE WILL REQUIRE YOU  
TO BOOK IN ADVANCE!



## Social Activities



**Men Connect** - Open to male-identified Members who have a current cancer diagnosis, or are recently 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!" **IN-PERSON**

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

**Women Connect** - Open to women-identified Members wanting to connect with other women with a current cancer diagnosis, or are recently post treatment.

This group supports women who are directly impacted by cancer, and share support for one another through conversation and connection. **IN-PERSON**

**Second Thursday of each month from 1pm - 3pm**

**Coffee Social** - Come together every Friday for a cup of coffee and conversation with friends!

**Every Friday from 9am to 12pm**

**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. **IN-PERSON**

**Every Monday and Wednesday from 1pm - 3pm**

**Soup Social** - Hot soup, coffee and conversation. Join us for a hot bowl of freshly made soup that will be available to you. This social activity is a very popular group at Gilda's so don't forget to register so you can ensure a spot! **IN-PERSON**

**Every other Tuesday from 11am - 1pm**

**Book Club** - Want to join like minded individuals who read and share their thoughts about the books presented each month. Make new friends and discover new books! **IN-PERSON**

**Every Third Friday of the month  
From 12:30 pm to 1:30pm**

**Cooking with Mirella \*\*NEW\*\*** - This once popular group at Gilda's is back by popular demand. Come make a new recipe with Mirella in our kitchen.

**January 9 West African Stew** **IN-PERSON**

**February 6 Quinoa Turkey stuffed peppers**

**March 5 Savory ricotta & spinach crepes**

**FROM 12PM - 2PM**

**Karaoke \*\*NEW\*\*** - Unleash your inner voice - or, if you're taking it seriously, respect your range with a less ambitious pop hit like Destiny Child's *Say My Name* or some tried-and-true soft rock a la *Sweet Caroline*.

**Friday January 12 from 6 - 8pm**

**IN-PERSON**



## Social Activities



**Make Your Own Mocktails \*\*NEW\*\*** - Mocktails are on the rise, and they've got plenty of benefits. Whether it's a desire for less alcohol consumption, experimenting with flavors or making gatherings with loved ones more inclusive, crafting delicious mocktails is a skill worth having. **Thursday January 11 from 2- 4pm** **IN-PERSON**

**Murder Mystery Event \*\*NEW\*\*** - Join us for a Murder Mystery Lunch event. Everyone is a suspect when murder is on the menu! In our version of the Murder Mystery we will take a hypothetical tour of the California Wine Country and discover who the real murderer is...

**(Must be registered as spaces are limited)** **IN-PERSON**

**Friday February 16 from 1 - 4pm.**

**Trivia \*\*NEW\*\*** - Time to put that knowledge into good use by playing a game that will surely test and challenge how much you really know about the world!

**Tuesday March 26 from 1-3pm**

**IN-PERSON**

## Educational Workshops



### Cognitive Behavioural Therapy for Anxiety with Ontario Structured Psychotherapy

**\*\*NEW\*\*** - Group Cognitive Behavioural Therapy (CBT) will be offered here at Gilda's Club Simcoe Muskoka. CBT aims to help clients resolve present-day challenges like depression or anxiety, relationship problems, anger issues, stress, or other common concerns that can negatively affect mental health.

**Wednesdays from 10am - 12pm**

**HYBRID**

**Starting January 17**

### 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".

**Tuesdays from 1pm - 2:30pm**

**January 9 Understanding your fatigue**

**January 16 Self-management strategies to reduce fatigue**

**January 23 Physical activity and fatigue**

**January 30 Stress and coping with fatigue**

**February 6 Sleep and cancer fatigue**

**February 13 Nutrition and fatigue**

**IN-PERSON**

### ACT Strategies for Stress (8 WEEK SERIES)

This is a 8 week support series that is a form of psychotherapy, as well as a branch of clinical behavior analysis. It is an empirically based psychological intervention that uses acceptance and mindfulness strategies along with commitment and behavior-change strategies to increase psychological flexibility.

**Every Monday from 3pm - 4pm**

**IN-PERSON**

**Starting January 8 to March 18**

**No session on January 22, 29 or February 19**

## Support Groups



**Living with Advanced Cancer** - Open to Members who have a stage four diagnosis and want to connect with other members who are open and honest about their experiences. Come support one another with discussions about your experiences.

**VIRTUAL**

**Every other Monday from 1pm - 2pm**

**Cancer Diagnosis Support Group** - This group is for anyone with a cancer diagnosis. Whether you are new to your diagnosis or not; this group is for you. If you are not in remission please come and join us for discussions and support.

**IN-PERSON**

**Every other Thursday from 2pm - 3:30pm**

**Grief & Loss \*\*NEW\*\*** - Grief and Loss is something we can all experience in various forms. Did you know there are 13 different types of grief? This support group will be for members directly impacted by grief and loss due to their cancer diagnosis.

**IN-PERSON**

**Every fourth Wednesday from 1 - 2pm**

**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.

**January 15; (February 12 due to holiday); March 18 6:30pm - 7:30pm Group A**

**VIRTUAL**

**EVERY OTHER THURSDAY**

**1PM - 2:30PM GROUP B**

**IN-PERSON**

**Facing Forward Support** - 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.

**VIRTUAL**

**First and third Wednesday of each month 1pm - 2:30pm**

### HOW TO REGISTER FOR ACTIVITIES

For anything other than support groups, you can register by:

- Going online at [www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)
- Emailing [program@gildasclubsm.org](mailto:program@gildasclubsm.org)
- Calling 705-726-5199

Or coming to the Clubhouse and registering in person.

Please note that in most cases, Members are invited to register & bring a Guest to non-Support Group activities, so bring your friend, neighbour or relative to that Educational Workshop you've been eyeing!

Members are also invited to bring a Guest for a casual Clubhouse Visit- just ensure you sign them in at the front Kiosk upon your arrival!

**Reminder we are closed on the following dates: January 1 New Year's Day, February 19 Family Day, March 29 Good Friday**

## Gentle 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.

**IN-PERSON**

**Every Monday**

**Session A 11am - 12pm**

**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 11:30am - 12:15pm** **VIRTUAL**

**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.

**Every Friday**

**HYBRID**

**Session A 10am - 11am**

**Session B 11:30am - 12:30pm**

**Yin/Yan Deep Release Stretch \*\*NEW\*\*** - The 60-min peaceful, quiet class uses long passive holds for deep stretches that go into your connective tissues to help improve overall mobility and range of motion.

**Every Thursday from 7pm - 8pm**

**VIRTUAL**

**ShinSei Wellness Series \*\*NEW\*\*** - 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**

**IN-PERSON**

**10am-11:30am**

**Massage Therapy \*\*NEW\*\*** - We have limited spaces available for this new opportunity at Gilda's Club Simcoe Muskoka. Registration must go through Program Director. Massage will be available to anyone who registers for **Wednesday February 14 and Wednesday March 13**. Only 20 spaces available for each day.

**From 12pm - 4pm**

**IN-PERSON**

### MEMBER INFORMATION

**Members must register** for any activity you wish to attend **in advance** so that we are able to appropriately plan for materials & room set up, and so we can contact you in the case of last-minute event cancellations.

If you are registered for an activity but are unable to attend, please try to give us as much notice as possible by calling us at 705-726-5199 or e-mail : [progam@gildasclubsm.org](mailto:progam@gildasclubsm.org)

If you are sick or have any cold or flu symptoms....  
Please DO NOT come to the CLUB HOUSE!

In Inclement weather we will contact you if a program is being cancelled. If you can not attend please let us know!



## Healthy Lifestyle



**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. Knitters are welcome too!

**Every Tuesday**

**IN-PERSON**

**Drop In between 12pm to 3pm \*\*NEW TIME\*\***

**There will be no Sewing & Quilting on January 16 & February 13 due to programming changes.**

**Journaling** - 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.

**HYBRID**

**Every other Thursday**

**2pm - 3pm**

**Mindfulness** - Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

**HYBRID**

**First and fourth Friday from 1pm - 2pm**

**Drumming** - Drum Circles are all about coming together to listen, feel and celebrate. Take a vacation from the mind and participate in the soothing sounds of a variety of drums. Drums and shakers will be provided.

**January 9 & 23rd from 3 - 4pm**

**IN-PERSON**

**February 6 & 20th from 3 - 4pm**

**March 5 & 19th from 3 - 4pm**

**Improv** - Come enjoy SIMPLE brain games full of laughter and imagination. Participation in every game is not required and audiences are always needed for laughter and scene suggestions. And remember, as they say, laughter is the best medicine.

**January 2 from 1 - 3pm**

**IN-PERSON**

**February 13 from 1 - 3pm**

**March 12 from 1 - 3pm.**

**Art Classes - Birches** - Set your imagination free to the words of the poem by Robert Frost as you paint a winter landscape. A variety of watercolour techniques will be shared. It has been recommended that you bring tissue/ bubble wrap to transport your creation home.

**January 16, from 1pm - 3pm**

**IN-PERSON**

**Graffiti Graphics** - We will be creating abstract graphic designs with a focus on drawing a variety of interesting and visually appealing lines. Word art will also be discussed.

**February 13 from 1 - 3pm**

**IN-PERSON**

**Me, Myself & I** - This workshop is inspired by the portrait work of Italian artist Amedeo Modigliani. Have fun creating a self portrait and discover your inner confidence by reflecting upon your strengths, what makes you unique and how others perceive you.

**March 19, from 6 - 8pm**

**IN-PERSON**



## Networking Groups



### Blood Cancer Networking

The first Wednesday of each month  
**12pm - 1pm**

**HYBRID**

### Breast Cancer Networking (2 Groups)

**Group A**  
The last Monday of each month  
**7pm - 8:30pm**

**VIRTUAL**

### Group B

Every other Friday from 1pm - 2pm

**IN-PERSON**

## Resources



### Cancer Support Community Resource

**CANCER SUPPORT HELPLINE: 888-793-9355**

The Cancer Support Community offers free navigation for cancer patients or their loved ones by phone and online. The Helpline provides guidance, resources and support with a variety of needs. Helpline navigators can get information about cancer, identify a local support group, or just be someone to listen. We provide help with coping in over 200 languages.

Call 888-793-9355 or speak to a navigator online at [CancerSupportCommunity.org/](http://CancerSupportCommunity.org/) Helpline.

### CANADIAN MENTAL HEALTH RESOURCES

**Suicide Prevention Service (Canada) 833-456-4566 or text 45645**

**Hope for Wellness Helpline (Canada) 1-855-242-3310**  
[www.HopeforWellness.ca](http://www.HopeforWellness.ca)

**Wellness Together Canada text WELLNESS to 741741**  
for immediate crisis support  
[www.WellnessTogether.com](http://www.WellnessTogether.com)

### OPEN MEMBER PROGRAM MEETINGS \*\*NEW\*\*

All members welcome to this new initiative at Gilda's Club Simcoe Muskoka! Meet with program staff quarterly as we want your input and support in creating member related programs.

Join us January 12 from 4pm - 5pm

**HYBRID**





# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> <b>for</b> <b>New Year's Day</b>	<b>1</b> <b>10-11 Shinsei Wellness</b> 11-1 Soup Social 12-3 Sewing/Quilting 1-3 Improv	<b>3</b> 12:00pm-1:00pm Blood Cancer Networking 1-2:30pm Facing Forward 1-3pm Cards 2-4pm Group Orientation	<b>4</b> 11:30-12:15 Pilates 1:00pm-2:30pm Family & Friends Support B 2-3pm Journaling 7pm - 8pm Yin & Yan Yoga	<b>5</b> 9am - 12pm Coffee Social 10-11am Qigong A 11:30-12:30 Qigong B 1-2pm Mindfulness Group
<b>8</b> 11-12 Hatha Yoga 1-3pm Cards 3-4pm ACT Strategies	<b>9</b> 10am-11am Shinsei Wellness 12pm-3pm Sewing and Quilting 1-2:30pm Understanding your fatigue 12-2 pm Cooking with Mirella 3-4pm Drumming Group	<b>10</b> 1-3pm Cards 2-4pm Group Orientation	<b>11</b> 11:30-12:15 Pilates 1-3pm Women Connect 2-4pm Make your own Mocktails 2:00pm -3:30pm Cancer Diagnosis Support Group 7pm - 8pm Yin & Yan Yoga	<b>12</b> 10-11am Qigong A 11:30-12:30 Qigong B 9am - 12pm Coffee Social 1-2pm Breast Cancer Networking B 4-5pm Open Member Meeting 6-8pm Karaoke
<b>15</b> 11-12 am Hatha Yoga 1-2pm Living with Advanced Cancer 1-3pm Cards 3-4pm ACT Strategies 6:30pm-7:30pm Family & Friends Support A	<b>16</b> 10am-11am Shinsei Wellness 11-1 pm Soup Social 1-2:30pm Self-Management Strategies to reduce fatigue 1pm - 3pm Birches Art Class	<b>17</b> 10 am- 12pm CBT for Anxiety 1-3pm Cards 1-2:30pm Facing Forward 2-4pm Group Orientation	<b>18</b> 11:30-12:15 Pilates 2-3pm Journaling 1:00pm-2:30pm Family & Friends Support B 7pm - 8pm Yin & Yan Yoga	<b>19</b> 10-11am Qigong A 11:30-12:30 Qigong B 9am - 12pm Coffee Social 12:30-1:30pm Book Club
<b>22</b> 11-12 Hatha Yoga 1-3pm Cards	<b>23</b> 10am-11am Shinsei Wellness 12pm-3pm Sewing and Quilting 1-2:30pm Physical Activity and fatigue 3-4pm Drumming Group	<b>24</b> 10 am- 12pm CBT for Anxiety 1-3pm Cards 1-2pm Grief & Loss Support Group 2-4pm Group Orientation	<b>25</b> 11:30-12:15 Pilates 2:00pm -3:30pm Cancer Diagnosis Support Group 6-7:30pm Men Connect 7pm - 8pm Yin & Yan Yoga	<b>26</b> 9am - 12pm Coffee Social 10-11am Qigong A 11:30-12:30 Qigong B 1-2pm Mindfulness Group 1-2pm Breast Cancer Networking B
<b>29</b> 11-12 Hatha Yoga 1-3pm Cards 1-2pm Living with Advanced Cancer 7-8:30pm - Breast Cancer Networking Group A	<b>30</b> 10am-11am Shinsei Wellness 11-1 pm Soup Social 12pm-3pm Sewing and Quilting 1-2:30pm Stress and coping with fatigue	<b>31</b> 10 am- 12pm CBT for Anxiety 1-3pm Cards 2-4pm Group Orientation	Please note there will be no Sewing & Quilting on the following days January 16, February 13 due to Art Class. Also changes to the times due to ongoing new programs open to all members!	







# MARCH

Gentle reminder if you are not feeling well  
or if there is Inclement weather  
please stay home and stay safe!

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4</p> <p>11-12 Hatha Yoga</p> <p>1-3pm Cards</p> <p>3-4pm ACT Strategies</p>	<p>5</p> <p>10am-11am Shinsei Wellness</p> <p>12pm-3pm Sewing and Quilting</p> <p>12-2 pm Cooking with Mirella</p> <p>3-4pm Drumming Group</p>	<p>6</p> <p>10 am- 12pm CBT for Anxiety</p> <p>1-2:30pm Facing Forward</p> <p>1-3pm Cards</p> <p>12:00pm-1:00pm Blood Cancer Networking</p> <p>2-4pm Group Orientation</p>	<p>7</p> <p>11:30-12:15 Pilates</p> <p>2:00pm -3:30pm Cancer Diagnosis Support Group</p> <p>7pm - 8pm Yin &amp; Yan Yoga</p>	<p>8</p> <p>9am - 12pm Coffee Social</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>1-2pm Breast Cancer Networking B</p>
<p>11</p> <p>11-12 Hatha Yoga</p> <p>1-2pm Living with Advanced Cancer</p> <p>1-3pm Cards</p> <p>3-4pm ACT Strategies</p>	<p>12</p> <p>10am-11am Shinsei Wellness</p> <p>11-1 pm Soup Social</p> <p>12pm-3pm Sewing and Quilting</p> <p>1-3pm Improv</p>	<p>13</p> <p>10 am- 12pm CBT for Anxiety</p> <p>12pm-4pm - Massage Therapy</p> <p>1-3pm Cards</p> <p>2-4pm Group Orientation</p>	<p>14</p> <p>11:30-12:15 Pilates</p> <p>1- 3pm Women Connect</p> <p>1:00pm-2:30m Family &amp; Friends Support B</p> <p>2-3pm Journaling</p> <p>7pm - 8pm Yin &amp; Yan Yoga</p>	<p>15</p> <p>9am - 12pm Coffee Social</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>12:30-1:30pm Book Club</p>
<p>18</p> <p>11-12 Hatha Yoga</p> <p>1-3pm Cards</p> <p>3-4pm ACT Strategies</p> <p>6:30pm-7:30m Family &amp; Friends Support A</p>	<p>19</p> <p>10am-11am Shinsei Wellness</p> <p>12pm-3pm Sewing and Quilting</p> <p>3-4pm Drumming Group</p> <p>5-8pm Me, Myself &amp; I Art Class</p>	<p>20</p> <p>10 am- 12pm CBT for Anxiety</p> <p>1-3pm Cards</p> <p>1-2:30pm Facing Forward</p> <p>2-4pm Group Orientation</p>	<p>21</p> <p>11:30-12:15 Pilates</p> <p>2:00pm -3:30pm Cancer Diagnosis Support Group</p> <p>7pm - 8pm Yin &amp; Yan Yoga</p>	<p>22</p> <p>9am - 12pm Coffee Social</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>1-2pm Mindfulness Group</p> <p>1-2pm Breast Cancer Networking B</p>
<p>25</p> <p>11-12 Hatha Yoga</p> <p>1-2pm Living with Advanced Cancer</p> <p>1-3pm Cards</p> <p>7-8:30pm - Breast Cancer Networking Group A</p>	<p>26</p> <p>10am-11am Shinsei Wellness</p> <p>11-1 pm Soup Social</p> <p>12pm-3pm Sewing and Quilting</p> <p>1-3pm Trivia</p>	<p>27</p> <p>10 am- 12pm CBT for Anxiety</p> <p>1-2pm Grief &amp; Loss Support Group</p> <p>1-3pm Cards</p> <p>2-4pm Group Orientation</p>	<p>28</p> <p>11:30-12:15 Pilates</p> <p>1:00pm-2:30m Family &amp; Friends Support B</p> <p>2-3pm Journaling</p> <p>6-7:30pm Men Connect</p> <p>7pm - 8pm Yin &amp; Yan Yoga</p>	<p>CLOSED for Good Friday</p>





An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

To connect with Gilda's Club **Simcoe Muskoka** come to the Club House at

10 Quarry Ridge Road | Barrie ON | L4M 7G1 |

Or call 705-726-5199

Or email: [program@gildasclubsm.org](mailto:program@gildasclubsm.org) | [www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)

## How to Register for Activities

**Gilda's Club Members can register you and your families online!**

**Visit <https://www.gildasclubsimcoemuskoka.org> and click on the program calendar link at the top of the page.**

**Use your email that you have on file with us to log in!**

**Kindly note you can not register for support groups or networking groups through your portal. To register for a network or support group contact program staff at [program@gildasclubsm.org](mailto:program@gildasclubsm.org)**



- What do you call a play or musical in the North Pole? Snow business.
- How does a North Pole carpenter fix
- Something broken? Igloos it together.

**Call 705-726-5199  
for support,  
hope, and  
education**



**Look Good Feel Better dates:**

**February 20, April 16 and June 18**

**Register with Look Good feel better!**