



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Calendar

April, May, June 2023

**Free Cancer Support for
Individuals and Families**

Spring is here!





To ensure that ***No One Faces Cancer Alone***, 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.

Gilda's Club Simcoe Muskoka

10 Quarry Ridge Road | Barrie ON | L4M 7G1 | TEL: 705-726-5199
program@gildasclubsm.org | www.gildasclubsimcoemuskoka.org

Member Information

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

**In-Person activities will be at our Clubhouse at 10 Quarry Ridge Rd
and Virtual events will be held on Zoom**

Networking Groups

Networking Groups are a monthly meeting space to connect with other Members 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!

Blood Cancer Networking

The third Wednesday of each month

6:00 - 7:00pm

April 19; May 17; June 21

VIRTUAL

Breast Cancer Networking

Group A

The last Monday of each month

7:00 - 8:30pm

April 24; May 29; June 26

VIRTUAL

*** NEW* Group B**

The third Monday of each month

7:00 - 8:30pm

April 17; May 15; June 19

VIRTUAL

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 are professionally facilitated by a registered Mental Health Professional. For more information or to see our Group Guidelines,

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. For Members with advanced cancer.

First and third Monday of each month

VIRTUAL

1:00 - 2:00pm

Living With Loss **8-WEEK SERIES**

Open to Members who have had a family member or friends die from cancer. Find Bereavement support from others who truly "get it", learn coping strategies and share your own grief journey.

Every Wednesday for 8 Weeks

VIRTUAL

7:00 - 8:15pm

Starts April 12; Ends May 31

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.

First and third Wednesday of each month

VIRTUAL

1:00 - 2:30pm


Family and Friends Support

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

First and third Monday of each month

VIRTUAL

7:00 - 8:15pm




LOOK GOOD
FEEL BETTER
BIEN DANS
SA PEAU

Helping people facing cancer
feel like themselves again.

Register at lgfb.ca
or call 1-800-914-5665

SKINCARE & COSMETICS | WIGS & SCARVES | BRAS & PROSTHESES | TEENS | SKINCARE & SHAVING



Look Good Feel Better offers free workshops where people with cancer can learn how to manage the appearance-related impact of cancer and its treatment.

**April 18th LGFB workshops
hosted at Gilda's Club - you still
need to register at LGFB!**

Visit lgfb.ca, call 1-800-914-5665
or use the QR code to register
with Look Good Feel Better.



Creative Expression Classes



Sewing and Quilting

Do you enjoy sewing or quilting? Members are welcome to join this weekly group anytime between 10:00am - 2:00pm! 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

IN-PERSON

Drop In between 10:00am & 2:00pm

RETURNING Journaling

Join Program Director, Tonya, 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 Thursday

IN-PERSON

2:00 - 3:00pm

Irises

Irises are one of the earliest spring blooming plants so we will usher in the season by creating iris themed mixed media artwork. Oil pastel and watercolour painting techniques will be shared.

Tuesday, April 18

IN-PERSON

1:00 - 3:00pm

Wildflower Sketches

Have fun creating a variety of notecards and gift tags using watercolour pencil crayons. This workshop includes a look at the life of Beatrix Potter who was an English author, artist and naturalist.

Tuesday, May 16

IN-PERSON

1:00 - 3:00pm

This Land of Ours

As Canada Day approaches, we will celebrate our country's diverse landscapes by looking at the work of Ted Harrison. Participants will create colourful landscape paintings on wood using inspiration from Harrison's style.

Thursday, June 22

IN-PERSON

6:00 - 8:00pm

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.

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

IN-PERSON

11:00am-12:00pm

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

VIRTUAL

11:30am-12:15pm

****April 13 cancelled/will not be scheduled****

Qigong Yoga (*NEW* second session)

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

IN-PERSON

Session A 10:00 - 11:00am

Session B 11:30am - 12:30 pm

****participants can select one session only, expansion is to accommodate interest and new membership****

NEW Walking Group

Join us in our new walking group. This group is weather dependent so if it is raining it will be cancelled as all walking will be done outside. Please wear proper footwear and sunscreen as required. We also recommend a water bottle, hat and sunglasses for warmer weather!

Every Wednesday

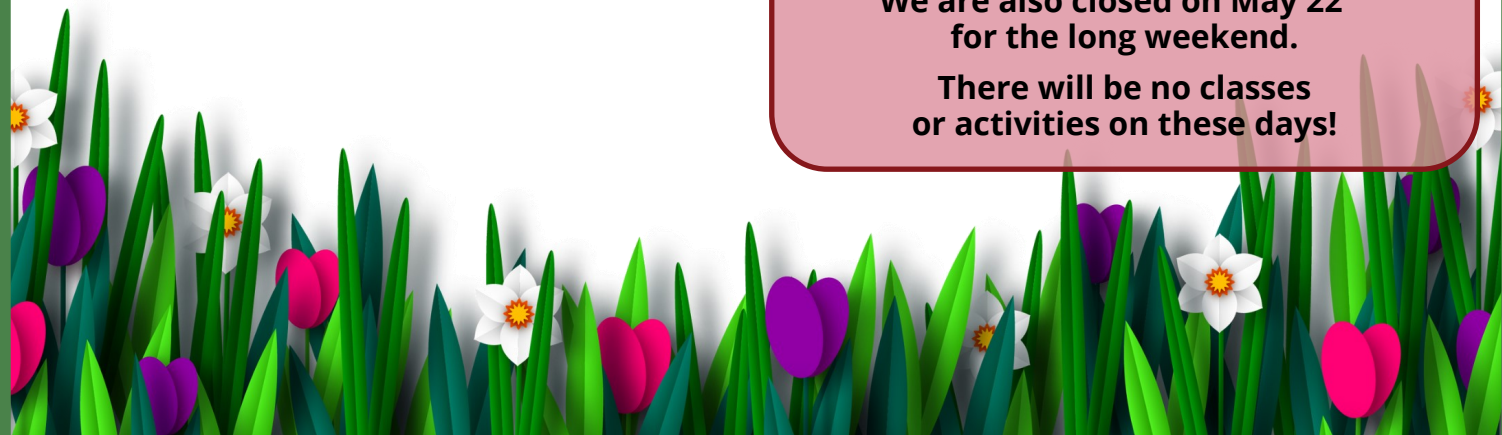
IN-PERSON

10:00 - 11:00am

Please note we are closed on April 7th for the Easter Weekend. April 10th Clubhouse is open, but no programming.

We are also closed on May 22nd for the long weekend.

There will be no classes or activities on these days!



Educational Workshops

Parenting Support Series

This is a 4 week parenting support series that focuses on how children experience stress. Each week will focus on a topic in parenting. Topics will be introduced with some information and teaching followed by discussion and application. Depending on the topic itself – each weeks layout or format may be slightly different. There may be small breakout room discussions, and some larger group discussions, a short video may be shown, and will apply the learning to specific examples from participants.

Tuesdays from 6:30 - 8:00 pm
starting April 4 to April 25

VIRTUAL

Care for the Caregiver

This workshop will equip friends and family of those living with cancer with skills to set boundaries, find self-care that works with their caregiving schedule, and learn important information on how to achieve caregiver-life balance.

Tuesday May 16
10:00am - 11:30am

VIRTUAL

Body Image & Self Esteem

Cancer can impact body image and self esteem in a variety of ways. This workshop will teach skills to move past cancer-related body image concerns such as the loss of a limb or organ; a size or shape change; scars; change or loss in bodily function, and more.

Tuesday, June 13
10:00am - 11:30am

VIRTUAL

NOT A MEMBER?



Visit gildasclubsimcoemusoka.org

JOINING IS FREE & EASY!



Social Activities



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 "get it"!

Second Thursday of each month

VIRTUAL

April 13; May 11; June 8

Fourth Thursday of each month

IN-PERSON

April 27; May 25; June 22

6:30pm - 7:30pm

NEW Women Connect

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

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

Second Thursday of each month

IN-PERSON

April 13; May 11; June 8

Fourth Thursday of each month

April 27; May 25; June 22

1:00pm - 3:00pm

Soup Social

Back by popular demand is our soup social. Stop in for a bowl of homemade soup and socialization.

Every other Monday

IN-PERSON

****not happening April 10th - Easter Monday. May 22nd - no Soup this day - pushed to the following week****

12:00 - 1:30pm

NEW Coffee, Puzzles & Colouring

This new event may challenge your mind as you try new puzzles or relax with some mindful colouring activities. Of course there will be coffee & tea and an opportunity to socialize with other members.

Every Friday

IN-PERSON

****not happening April 7th - Easter Weekend****

1:00 - 2:30pm

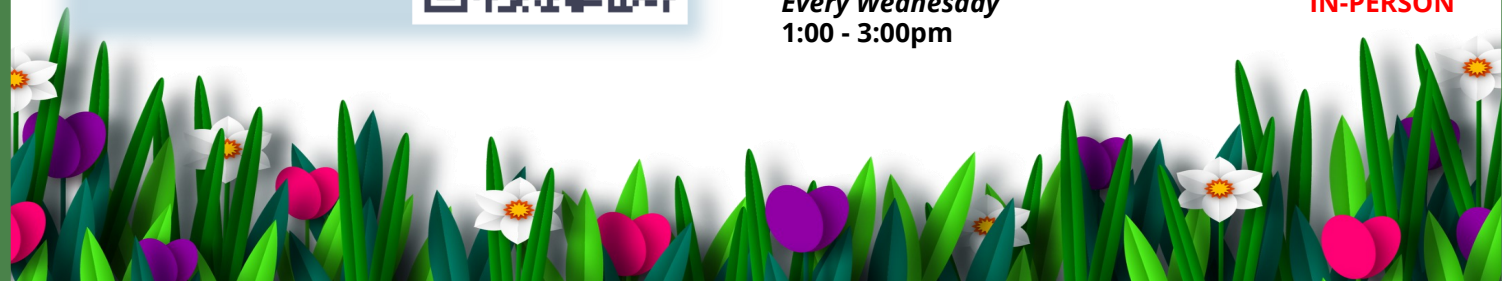
NEW Cards

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. Coffee, tea and snacks will help fill this great social opportunity with other members

Every Wednesday

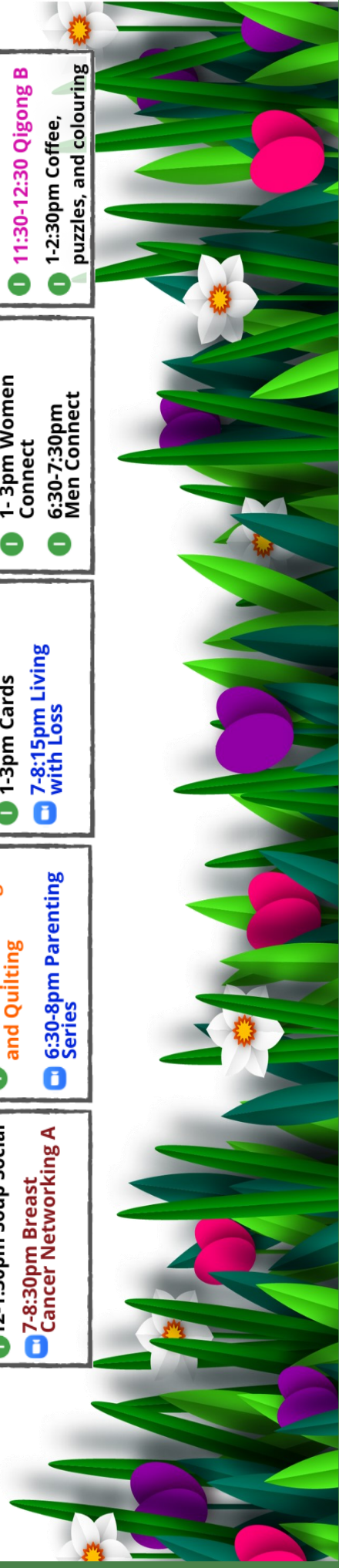
IN-PERSON

1:00 - 3:00pm



April

Mon	Tue	Wed	Thu	Fri
3 <ul style="list-style-type: none"> 11-12pm Hatha Yoga 1-2pm Living with Advanced Cancer 7-8:15pm Family & Friends Support 	4 <ul style="list-style-type: none"> 10am-2pm Sewing and Quilting 6:30-8pm Parenting Series 	5 <ul style="list-style-type: none"> 10-11am Walking Group 1-2:30pm Facing Forward Support 1-3pm Cards 	6 <ul style="list-style-type: none"> 11:30-12:15 Pilates 2-3pm Journaling 	7 Good Friday CLOSED
10 Easter Monday <i>Clubhouse Open</i> <i>Programs restricted</i>	11 <ul style="list-style-type: none"> 10am-2pm Sewing and Quilting 6:30-8pm Parenting Series 	12 <ul style="list-style-type: none"> 10-11am Walking Group 1-3pm Cards 7-8:15pm Living with Loss 	13 <ul style="list-style-type: none"> 1-3pm Women Connect 6:30-7:30pm Men Connect 	14 <ul style="list-style-type: none"> 10-11am Qigong A 11:30-12:30 Qigong B 1-2:30pm Coffee, puzzles, and colouring
17 <ul style="list-style-type: none"> 11-12 Hatha Yoga 1-2pm Living with Advanced Cancer 7-8:15pm Family & Friends Support 7-8:30pm Breast Cancer Networking B 	18 <ul style="list-style-type: none"> 10am-2pm Sewing and Quilting 1-3pm Art session: "Irises" 6:30-8pm Parenting Series 	19 <ul style="list-style-type: none"> 10-11am Walking Group 1-2:30 Facing Forward Support 1-3pm Cards 7-8:15pm Living with Loss 6-7pm Blood Cancer Networking 	20 <ul style="list-style-type: none"> 11:30-12:15 Pilates 2-3pm Journaling 	21 <ul style="list-style-type: none"> 10-11am Qigong A 11:30-12:30 Qigong B 1-2:30pm Coffee, puzzles, and colouring
24 <ul style="list-style-type: none"> 11-12pm Hatha Yoga 12-1:30pm Soup Social 7-8:30pm Breast Cancer Networking A 	25 <ul style="list-style-type: none"> 10am-2pm Sewing and Quilting 6:30-8pm Parenting Series 	26 <ul style="list-style-type: none"> 10-11am Walking Group 1-3pm Cards 7-8:15pm Living with Loss 	27 <ul style="list-style-type: none"> 11:30-12:15 Pilates 1-3pm Women Connect 6:30-7:30pm Men Connect 	28 <ul style="list-style-type: none"> 10-11am Qigong A 11:30-12:30 Qigong B 1-2:30pm Coffee, puzzles, and colouring



May

Mon

Tue

Wed

Thu

Fri

1

- 11-12pm Hatha Yoga
- 1-2pm Living with Advanced Cancer
- 7-8:15pm Family & Friends Support

8

- 11-12pm Hatha Yoga
- 12-1:30pm Soup Social

15

- 11-12 Hatha Yoga
- 1-2pm Living with Advanced Cancer
- 7-8:15pm Family & Friends Support
- 7-8:30pm Breast Cancer Networking B

22

CLOSED Long Weekend

29

- 11-12 Hatha Yoga
- 12-1:30pm Soup Social
- 7-8:30pm Breast Cancer Networking A
- 7-8:15pm Family & Friends Support

2

- 10am-2pm Sewing and Quilting

9

- 10am-2pm Sewing and Quilting

16

- 10-11:30am Care for the Caregiver
- 10am-2pm Sewing and Quilting
- 1-3pm Art session: "Wildflower Sketches"

23

- 10am-2pm Sewing and Quilting

30

- 10am-2pm Sewing and Quilting

3

- 10-11am Walking Group
- 1-2:30pm Facing Forward Support
- 1-3pm Cards
- 7-8:15 pm Living with Loss

10

- 10-11am Walking Group
- 1-3pm Cards
- 7-8:15pm Living with Loss

17

- 10-11am Walking Group
- 1-2:30 Facing Forward Support
- 1-3pm Cards
- 7-8:15pm Living with Loss
- 6-7pm Blood Cancer Networking

24

- 10-11am Walking Group
- 1-3pm Cards
- 7-8:15pm Living with Loss

31

- 10-11am Walking Group
- 1-3pm Cards
- 7-8:15 pm Living with Loss

4

- 11:30-12:15 Pilates
- 2-3pm Journaling

11

- 11:30-12:15 Pilates
- 1- 3pm Women Connect
- 6:30-7:30pm Men Connect

18

- 11:30-12:15 Pilates
- 2-3pm Journaling

25

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- 1- 3pm Women Connect
- 6:30-7:30pm Men Connect

5

- 10-11am Qigong A
- 11:30-12:30 Qigong B
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June

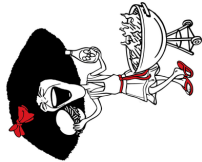
Mon

Tue

Wed

Thu

Fri



Open House BBQ Events on **Wednesday June 21st!!**
Meet the Program team, tour the Clubhouse, and see some of the great things in store for members and community!

5

- 11-12pm Hatha Yoga
- 1-2pm Living with Advanced Cancer

12

- 11-12 Hatha Yoga
- 12-1:30pm Soup Social
- 7-8:15pm Family & Friends Support

19

- 11-12pm Hatha Yoga
- 1-2pm Living with Advanced Cancer
- 7-8:30pm Breast Cancer Networking B

26

- 11-12 Hatha Yoga
- 12-130pm Soup Social
- 7-8:30pm Breast Cancer Networking A
- 7-8:15 Family & Friends Support

6

- 10am-2pm Sewing and Quilting

13

- 10-11:30am Body Image and Self Esteem
- 10am-2pm Sewing and Quilting

20

- 10am-2pm Sewing and Quilting

27

- 10am-2pm Sewing and Quilting

7

- 10-11am Walking Group
- 1-2:30 Facing Forward Support
- 1-3pm Cards

14

- 10-11am Walking Group
- 1-3pm Cards

21

- 10-11am Walking Group
- 1-2:30pm Facing Forward Support
- 1-3pm Cards
- 6-7pm Blood Cancer Networking

28

- 10-11am Walking Group
- 1-3pm Cards

1

- 11:30-12:15 Pilates
- 2-3pm Journaling

8

- 11:30-12:15 Pilates
- 1-3pm Women Connect
- 6:30-7:30pm Men Connect

15

- 11:30-12:15 Pilates
- 2-3pm Journaling

22

- 11:30-12:15 Pilates
- 1-3pm Women Connect
- 6:30-7:30pm Men Connect
- 6-8pm Art session: "This Land of Ours"

29

- 11:30-12:15 Pilates
- 2-3pm Journaling

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- 10-11am Qigong A
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CANCER SUPPORT COMMUNITY

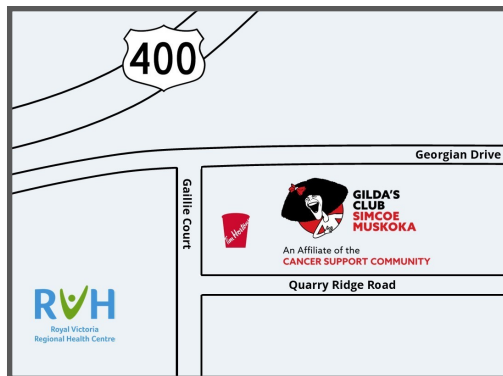


Does February like March?

No but April May

**When do monkeys fall from
the sky?**

During Ape-ril showers!



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

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