



An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Calendar

July, August, September 2023



Summer Programs For Adults & Youth

All of our programs are made possible through our generous donations through community members.

Our Programs Are Always Person Centered

Led by skilled professionals

Free of Charge to anyone with a cancer diagnosis through to survivorship

Open to family/friends and bereaved

Programs Offered Include

Yoga

Art Classes

Support Groups

Workshops

Social Activities

Child & Youth programs

Are you new to a cancer diagnosis?

We provide free programs and supports to anyone living with or affected by Cancer as well as their loved ones

Summer Camps for Kids July & August

Exciting opportunities for children and youth this summer. Anyone ages 4-12 may attend our **free** summer camps In-Person at the club house.

Youth must be a Member at Gilda's Club to attend. To become a Member, someone from their immediate family must also be an active Member.

Activities and snacks will be provided daily to anyone attending Summer Camp!

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.

FREE Cancer Support for Individuals and Families

Gilda's Club Simcoe Muskoka

10 Quarry Ridge Road | Barrie ON | L4M 7G1 | TEL: 705-726-5199

program@gildasclubsm.org | www.gildasclubsimcoemuskoka.org

Highlights for July, August & September 2023

New Groups & Supports for Members

General Cancer Support Group ***

Every Tuesday starting in July

Support Group for Newly Diagnosed Individuals***

(within one year of diagnosis)

Bi-weekly for 8 weeks starting June 22

Mindfulness ***

Every Wednesday starting July 5

Book Club***

One Friday per month starting July 21

Coffee Social ***

Every Friday from 9:00am to 12:00pm

Pancake Breakfast Social

Every Tuesday Starting in September
9:30am - 10:30am

ACT Acceptance and Commitment Therapy (ACT) for Anxiety and Depression ***

Starting July 17 to September 18
(A series with 8 Sessions)

Cognitive Behavioral Therapy (CBT) with Ontario Structured Psychotherapy***

Starting in September 13 for 12 weeks

Workshop with Paulette***

Mental Wellness

July 20 from 4:30pm - 6:00pm

Coping with Uncertainty & Managing Worries

August 17 from 4:30pm - 6:00pm

Dietician for Nutrition with Eve ***

Starting July 13 bi-weekly
until September 21



LOVE FOOD?

JOIN US THIS SUMMER
MEMBER - ONLY EVENTS






Contact program staff or register online for programs!

705-726-5199 Ext 225 or Ext 238

programs@gildasimcoemuskoka.org

Member Information

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

In-Person activities will be at our Clubhouse at 10 Quarry Ridge 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 Tuesday of each month
July 18; August 15; September 19
6:00pm - 7:00pm

VIRTUAL 

Breast Cancer Networking

Group A

The last Monday of each month
July 31; August 28; September 25
7:00pm - 8:30pm

VIRTUAL 


Group B

The third Monday of each month
July 17; August 21; September 18
7:00pm - 8:30pm

VIRTUAL 


NEW* General Cancer Support Group **

This group is open to anyone with a current cancer diagnosis of any kind. This group will support people with cancer make a connection with others who know what they are going through.

Tuesdays from 1:00pm - 2:30pm **IN-PERSON** 

NEW* Group for Anyone Newly Diagnosis with Cancer Within the Past 6 Months.** **8 WEEK SERIES**

This series is for any new member who would like support from peers and a facilitator who can provide you with education and support around your new cancer diagnosis

Starting June 22 for 8 weeks
From 3:00pm - 4:00pm (Bi-weekly) **IN-PERSON** 

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, contact us or visit our Website!

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.

Every Other Monday of each month

1:00pm - 2:00pm

Starts July 10 to September 25

VIRTUAL 

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

1:00pm - 2:30pm

VIRTUAL 

Family and Friends Support

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.

First and third Monday of each month

7:00pm - 8:15pm

VIRTUAL 

Living with Loss back for another 8 weeks

Open to members who have had a family member or friend die from cancer. Find bereavement support from others who "truly understand", learn coping skills and share your own experiences.

Every Wednesday from 7:00pm-8:15pm

Starting July 12 to August 30

VIRTUAL 

The GRIEF AND RECOVERY METHOD **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

Every Monday for 8 weeks

Starting September 11

from 5:30pm - 6:30pm

IN-PERSON 

Please note we are closed on Monday July 3, Monday August 7th and for the Labour Day weekend Monday September 4, 2023.

There will be no classes or activities on these days!

We will also be closing on Fridays at 2pm every week through the summer.

Creative Expression Classes

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.

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

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 2:00pm - 3:00pm **HYBRID**

NEW 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.

Every Wednesday 11:00am - 12:00pm **HYBRID**

Sunflower Sketches

Sunflowers have been blooming and it is time to learn how to paint like Vincent Van Gogh. We will use an impasto paint technique to create beautiful paintings of sunflowers.

**Wednesday September 21
from 1:00pm - 3:00pm**

IN-PERSON

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

Session A 11:00am-12:00pm

Session B 2:30-3:30pm

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

Qigong Yoga

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 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****

Walking Group

Join us in our 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 until September 10:00 - 11:00am **IN-PERSON**

Key or Legend

In-Person programming

Online or Virtual programming

Hybrid is both Virtual and In-person Programming

Educational Workshops



NEW Acceptance and Commitment Therapy for Depression and Anxiety ***

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.

Mondays from 5:00pm - 6:00pm

Starting July 17 to September 18 **IN-PERSON** ⓘ

NEW Dietician for Healthy Eating

These workshops will benefit anyone who is looking for strategies and tips around healthy eating and meals. Different topics will be presented every two weeks throughout the summer.

Program is led by Eve Laws, RD (Registered Dietitian), MAN (Masters of Applied Nutrition) from Loblaw Companies Ltd in Barrie and area.

July 13: Healthy Eating on a Budget - Money and Food Saving Tips | **July 27:** Anti-inflammatory Eating

| **Aug 10:** Healthy Aging and Bone Health

| **Aug 24:** Mindful Eating and Making the Most of Appetite | **Sept 7:** Meal Planning with Low Energy

| **Sept 21:** Nutrition and Immunity

Every other Thursday 10:30am - 11:30am

starting July 13 **IN-PERSON** ⓘ

NEW Cognitive Behavioral Therapy with Ontario Structured Psychotherapy

Group Cognitive Behavioral 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 negatively affect mental health and quality of life workshops

Wednesdays from 10:00am - 12:00pm **IN-PERSON**

Starting September 6 to November 22 **VIRTUAL** ⓘ

NEW Mental Wellness ***

Mental Wellness is a one-time workshop that gives attendees an opportunity to explore mental wellness and coping skills to improve resilience and coping skills. This workshop focuses on how to improve the skills you have, while supporting your ability to think, feel and act in ways that create a positive impact on your physical, mental, and social wellbeing.

July 20 from 4:30pm - 6:00pm **IN-PERSON** ⓘ

NEW Coping with Uncertainty & Managing Worries ***

Life is filled with uncertainty and worries about and while many things remain outside your control, your mindset is key to coping with difficult circumstances and confidently facing the unknown.

August 17 from 4:30pm - 6:00pm **IN-PERSON** ⓘ

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

July 13; August 10; September 14 **VIRTUAL** ⓘ

Fourth Thursday of each month

July 27; August 24; September 28 **IN-PERSON** ⓘ
6:00pm - 7:30pm

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

July 13; August 10; September 14

Fourth Thursday of each month

July 27; August 24; September 28

1:00pm - 3:00pm **IN-PERSON** ⓘ

NEW Coffee Social

This is a relaxing way to end the week. Meet with friends and enjoy coffee shop talk. We will meet in the club house and online so anyone can join from anywhere.

Every Friday 9:00am - 12:00pm

IN-PERSON ⓘ
VIRTUAL ⓘ

NEW Book Club

Do you love books? We are looking for members, to join us at the club house in-person who love to read, make new friends and discover new books. The first book up for discussion will be Gilda Radner's There's Always Something!

Every third Friday from 12:30pm-1:30pm

Starting July 21 **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. Coffee, tea and snacks will help fill this great social opportunity with other members

Every Wednesday

1:00pm - 3:00pm

IN-PERSON ⓘ

And more on the calendar - Pancake Breakfasts, Ice Cream Social and member BBQ!

Monday Tuesday Wednesday Thursday Friday

<p>3</p> <p>CLOSED Long Weekend</p>	<p>4</p> <p>10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>5</p> <p>10-11am Walking Group</p> <p>1-2:30pm Facing Forward 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p>	<p>6</p> <p>11:30-12:15 Pilates</p> <p>3-4pm New Cancer Diagnosis Networking Group</p>	<p>7</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>10</p> <p>11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>1-2pm Living with Advanced Cancer</p> <p>5:30-6:30pm - The Grief and Recovery Method</p>	<p>11</p> <p>10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>12</p> <p>10-11am Walking Group</p> <p>11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>7-8:15 pm Living with Loss</p>	<p>13</p> <p>10:30am - 11:30am Dietician Healthy Eating</p> <p>11:30-12:15 Pilates</p> <p>1-3pm Women Connect</p> <p>2-3pm Journaling</p> <p>6-7:30pm Men Connect</p>	<p>14</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>17</p> <p>11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>5-6pm ACT for Anxiety & Depression</p> <p>7-8:15pm Family & Friends Support</p> <p>7-8:30pm - Breast Cancer Networking Group B</p>	<p>18</p> <p>10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p> <p>6-7pm Blood Cancer Networking</p>	<p>19</p> <p>10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>1-2:30pm Facing Forward</p> <p>7-8:15 pm Living with Loss</p>	<p>20</p> <p>11:30-12:15 Pilates</p> <p>3-4pm New Cancer Diagnosis Networking Group</p> <p>4:30-6pm Mental Wellness</p>	<p>21</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>12:30-1:30pm Book Club</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>24</p> <p>11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>1-2pm Living with Advanced Cancer</p> <p>5-6pm ACT for Anxiety & Depression</p>	<p>25</p> <p>10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>26</p> <p>10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>7-8:15 pm Living with Loss</p> <p>5-7pm Member BBQ ***</p>	<p>27</p> <p>10:30am - 11:30am Dietician Healthy Eating</p> <p>11:30-12:15 Pilates</p> <p>1-3pm Women Connect</p> <p>2-3pm Journaling</p> <p>6-7:30pm Men Connect</p>	<p>28</p> <p>10-11am Qigong A</p> <p>11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>31</p> <p>11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>5-6pm ACT for Anxiety & Depression</p> <p>7-8:30pm - Breast Cancer Networking Group A</p>	<p>Legend or Key</p> <p>In-Person</p> <p>Online</p> <p>Hybrid</p> <p>Movement Classes</p> <p>Art Therapy</p> <p>Networking Groups</p> <p>Educational Workshops</p> <p>Social Activities</p> <p>Support Groups</p> <p>Youth Activities Ages 4 to 8</p> <p>Youth Activities Ages 8 to 12</p>			

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>2 10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>1-2:30pm Facing Forward</p> <p>7-8:15 pm Living with Loss</p>	<p>3 11:30-12:15 Pilates</p> <p>2-3pm Journaling</p> <p>3 - 4pm New Cancer Diagnosis Networking Group</p>	<p>4 10-11am Qigong A 11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>7 CLOSED August 7 Long Weekend</p>	<p>8 10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>9 10-11am Walking Group</p> <p>11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>7-8:15 pm Living with Loss</p>	<p>10 10:30am - 11:30am Dietician Healthy Eating</p> <p>11:30-12:15 Pilates</p> <p>1-3pm Women Connect</p> <p>2-4pm Ice Cream Social ***</p> <p>6-7:30pm Men Connect</p>	<p>11 10-11am Qigong A 11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>14 1-2pm Living with Advanced Cancer</p> <p>11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>5-6pm ACT for Anxiety & Depression</p>	<p>15 10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p> <p>6-7pm Blood Cancer Networking</p>	<p>16 10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>1-2:30pm Facing Forward</p> <p>7-8:15 pm Living with Loss</p>	<p>17 11:30-12:15 Pilates</p> <p>2-3pm Journaling</p> <p>2-4pm Ice Cream Social ***</p> <p>3 - 4pm New Cancer Diagnosis Networking Group</p> <p>4:30 - 6pm Coping with Uncertainty & Managing Worries</p>	<p>18 10-11am Qigong A 11:30-12:30 Qigong B</p> <p>12:30-1:30pm Book Club</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>21 11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>5-6pm pm ACT for Anxiety & Depression</p> <p>7-8:15pm Family & Friends Support</p> <p>7-8:30pm - Breast Cancer Networking Group B</p>	<p>22 10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>23 10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>7-8:15 pm Living with Loss</p>	<p>24 10:30am - 11:30am Dietician Healthy Eating</p> <p>11:30-12:15 Pilates</p> <p>1-3pm Women Connect</p> <p>6-7:30pm Men Connect</p>	<p>25 10-11am Qigong A 11:30-12:30 Qigong B</p> <p>9am - 12pm Coffee Social</p> <p>CLOSED at 2pm</p>
<p>28 11-12 Hatha Yoga A</p> <p>2:30-3:30pm Hatha Yoga B</p> <p>1-2pm Living with Advanced Cancer</p> <p>5-6pm ACT for Anxiety & Depression</p> <p>7-8:30pm - Breast Cancer Networking Group A</p>	<p>29 10am-2pm Sewing and Quilting</p> <p>1-2:30pm General Cancer Support Group</p>	<p>30 10-11am Walking Group 11am - 12pm Mindfulness Group</p> <p>1-3pm Cards</p> <p>7-8:15 pm Living with Loss</p>	<p>31 11:30-12:15 Pilates</p> <p>2-3pm Journaling</p> <p>3 - 4pm New Cancer Diagnosis Networking Group</p>	

SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

***New for September: CBT & Pancake Breakfast Social
Back by popular Demand **The Grief and Recovery Method**
Do you have ideas for the upcoming Season?
Send us an email we would love to hear from you!
program@gildasclubsimcoemusoka.org



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- 5-6pm ACT for Anxiety & Depression
- 11-12 Hatha Yoga A
- 2:30-3:30pm Hatha Yoga B
- 1-2pm Living with Advanced Cancer
- 5:30-6:30pm - The Grief and Recovery Method

5

- 9:30 - 11:30 am Pancake Breakfast Social
- 10am-2pm Sewing and Quilting
- 1-2:30pm General Cancer Support Group

6

- 10-11am Walking Group
- 10am - 12pm CBT
- 1-3pm Cards
- 1-2:30pm Facing Forward

7

- 11:30-12:15 Pilates
- 10:30am - 11:30am Dietician Healthy Eating
- 2-3pm Journaling

8

- 10-11am Qigong A
- 11:30-12:30 Qigong B
- 9am - 12pm Coffee Social

11

- 5-6pm ACT for Anxiety & Depression
- 11-12 Hatha Yoga A
- 2:30-3:30pm Hatha Yoga B
- 1-2pm Living with Advanced Cancer
- 5:30-6:30pm - The Grief and Recovery Method

12

- 9:30 - 11:30 am Pancake Breakfast Social
- 10am-2pm Sewing and Quilting
- 1-2:30pm General Cancer Support Group

13

- 10-11am Walking Group
- 10am - 12pm CBT
- 1-3pm Cards

14

- 11:30-12:15 Pilates
- 1-3pm Women Connect
- 3-4pm New Cancer Diagnosis Networking Group
- 5-7 pm Community BBQ
- 6-7:30pm Men Connect

15

- 10-11am Qigong A
- 11:30-12:30 Qigong B
- 9am - 12pm Coffee Social
- 12:30-1:30pm Book Club

18

- 5-6pm ACT for Anxiety & Depression
- 11-12 Hatha Yoga A
- 2:30-3:30pm Hatha Yoga B
- 5:30-6:30pm - The Grief and Recovery Method
- 7-8:30pm - Breast Cancer Networking Group B
- 7-8:15pm Family & Friends Support

19

- 9:30 - 11:30 am Pancake Breakfast Social
- 10am-2pm Sewing and Quilting
- 1-2:30pm General Cancer Support Group
- 6-7pm Blood Cancer Networking

20

- 10-11am Walking Group
- 10am - 12pm CBT
- 1-3pm Cards
- 1-2:30pm Facing Forward

21

- 11:30-12:15 Pilates
- 10:30am - 11:30am Dietician Healthy Eating
- 2-3pm Journaling
- 1-3pm Art Class (Sunflowers)

22

- 10-11am Qigong A
- 11:30-12:30 Qigong B
- 9am - 12pm Coffee Social

25

- 11-12 Hatha Yoga A
- 2:30-3:30pm Hatha Yoga B
- 1-2pm Living with Advanced Cancer
- 5:30-6:30pm - The Grief and Recovery Method
- 7-8:30pm - Breast Cancer Networking Group A

26

- 9:30 - 11:30 am Pancake Breakfast Social
- 10am-2pm Sewing and Quilting
- 1-2:30pm General Cancer Support Group

27

- 10-11am Walking Group
- 10am - 12pm CBT
- 1-3pm Cards

28

- 11:30-12:15 Pilates
- 1-3pm Women Connect
- 3-4pm New Cancer Diagnosis Networking Group
- 6-7:30pm Men Connect

29

- 10-11am Qigong A
- 11:30-12:30 Qigong B
- 9am - 12pm Coffee Social

Children Youth & Family (JULY)



Gilda's Club Simcoe Muskoka offers FREE psychosocial support to children, teens, & families impacted by cancer. Support is offered by our qualified and certified staff and Volunteers. Current sessions are being held In-Person!

Back by Popular Request.....KIDS SUMMER CAMPS for members

This summer join us July and August for many adventures in NOOGIELAND

Every Tuesday, Wednesday and Thursday from 9:00am to 4:00pm

We will have a variety of activities for youth to come in and explore with our Summer Student Ashley!

Kids Summer Camps *** Lunch and snacks will all be provided.

Please let us know of any allergies or intolerances when registering your child or youth for camp activities.

Pirates Weeks

July 4, 5 & 6 Ages 4 to 8

July 11, 12 & 13 Ages 8 to 12



Activities Include: Pirates leg race, Scavenger Hunt, Baking, Crafts, Pirate Story Stones, Ship Shore deck, Create a Parrot or Pirate Hat, X Marks the Spot, and Pirate Bowling.

Water Activities Weeks

July 18, 19 & 20 Ages 4 to 8

July 25, 26 & 27 Ages 8 to 12



Activities Include: Ice Breakers, Water Balloon Dodge Ball, Colouring, Games, Slime Making, Rainbow water Xylophone, Lego, Art & Crafts, You Tube Videos, Outside games, Hawaii Theme Day.

Are you between 4 & 17 years Old? Join us for a day at the Elmvale Zoo on July 24. From 10:00am to 3:00pm.

Sunscreen and hat are also recommended!

Rain date set for August 14 Must have own transportation to and from the zoo and must be pre-registered! Registration Closes for the Zoo on July 10, 2023! Bring a paperless Lunch for this day and plenty of Water!

Children Youth & Family (AUGUST)



Space Weeks

August 1, 2 & 3 Ages 4 to 8

August 8, 9 & 10 Ages 8 to 12



Activities Include: Grab a Planet game, Alien Arts & Crafts, Star catchers game, Going to the Moon Game, Make your Own Galaxy, Make a Rocket Kite.

Marvel/Disney Weeks

August 15, 16 & 17 Ages 4 to 8

August 22, 23 & 24 Ages 8 to 12



Activities Include: Dress up like your favourite Disney Character or Marvel Hero, Disney colouring, Disney Karaoke, Marvel/ Disney themed arts and crafts, games, and fun challenges!

August 10th & 17th Join us at the Clubhouse for an Ice Cream Social!
These two events are for all ages to enjoy! From 2:00pm - 4:00pm.

August 24 last day of Camp any youth ages 4 to 16 Join us for an end of the Summer Camp Dance Party Celebration! From 4:00pm to 6:00pm.

Contact program staff or register online for programs!

705-726-5199 Ext 225 or Ext 238

summercamp@gildasimcoemuskokoka.org



Children Youth & Family (SEPTEMBER)



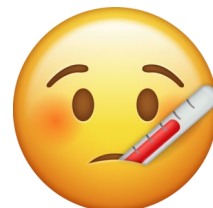
Summer Camp Highlights!

**July 24, 2023 Youth ages 4 to 12
Join us at the Elmvale Zoo from
10:00am to 3:00pm.**

**On August 24, 2023 Youth
ages 4 to 12 Join us for the
end of the summer dance party!
From 4:00pm to 6:00pm.**

**Join us on August 10th & August 17th
for an Ice Cream Social
from 2:00pm to 4:00pm.**

We kindly request due to the sensitivity of our members and their potential compromised immunity that if you have any symptoms of any kind please do not bring them to the Clubhouse. We want to keep all members in consideration, and ensure everyone here is feeling they are in an environment where we care about all of our members and staff.



Starting in September Highlights

One-to-One Counselling for Youth Ages 4 to 17

NOOGIELAND Drop-OFF

Tuesdays and Fridays you can bring your youth to NOOGIELAND from 9:00am to 4:00pm

Wednesdays and Thursdays we have extended hours for pick up! Drop off at 9:00am and pick up at 6:00pm.





Must be pre-Registered to attend NOOGIELAND!

September 21 Join us for a Family Craft Night from 6:00pm - 7:30pm with Tamara.



JULY









Monday	Tuesday	Wednesday	Thursday	Friday
Pirates Week Closed today. for holiday.	4 9am-4pm Youth Programs Ages 4-8	5 9am-4pm Youth Programs Ages 4-8	6 9am-4pm Youth Programs Ages 4-8	7 
10 Pirates Week	11 9am - 4pm Youth Programs Ages 8-12	12 9am - 4pm Youth Programs Ages 8-12	13 9am - 4pm Youth Programs Ages 8-12	14 
17 Water Week	18 9am-4pm Youth Programs Ages 4-8	19 9am-4pm Youth Programs Ages 4-8	20 9am-4pm Youth Programs Ages 4-8	21 
24 Water Week Elmvale Zoo for youth ages 4 to 16	25 9am - 4pm Youth Programs Ages 8-12	26 9am - 4pm Youth Programs Ages 8-12 BBQ for MEMBERS All Ages	27 9am - 4pm Youth Programs Ages 8-12	28 

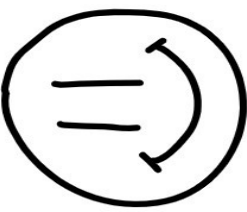
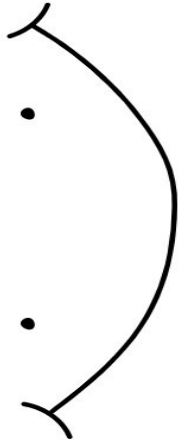
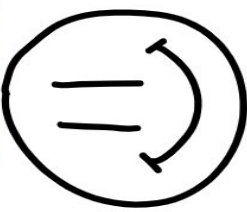


AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
<div>31</div> <div>Space Week</div>	<div>1</div> <div>9am-4pm Youth Programs Ages 4-8</div>	<div>2</div> <div>9am-4pm Youth Programs Ages 4-8</div>	<div>3</div> <div>9am-4pm Youth Programs Ages 4-8</div>	<div>4</div> 
<div>7</div> <div>Space Week Closed today - for holiday.</div>	<div>8</div> <div>9am - 4pm Youth Programs Ages 8-12</div>	<div>9</div> <div>9am - 4pm Youth Programs Ages 8-12</div>	<div>10</div> <div>9am - 4pm Youth Programs Ages 8-12 ICE CREAM SOCIAL All Ages</div>	<div>11</div> 
<div>14</div> <div>Disney or Marvel Theme</div>	<div>15</div> <div>9am-4pm Youth Programs Ages 4-8</div>	<div>16</div> <div>9am-4pm Youth Programs Ages 4-8</div>	<div>17</div> <div>9am-4pm Youth Programs Ages 4-8 ICE CREAM SOCIAL All Ages</div>	<div>18</div> 
<div>21</div> <div>Disney or Marvel Theme</div>	<div>22</div> <div>9am - 4pm Youth Programs Ages 8-12</div>	<div>23</div> <div>9am - 4pm Youth Programs Ages 8-12</div>	<div>24</div> <div>9am - 4pm Youth Programs Ages 8-12 Dance Party for youth Ages 4 to 16</div>	<div>25</div> 
<div>28</div> <div>NOOGIELAND CLOSED FOR DEEP CLEANING LOOKING FORWARD TO SEEING EVERYONE NEXT WEEK!</div>	<div>29</div> <div>NOOGIELAND CLOSED FOR DEEP CLEANING LOOKING FORWARD TO SEEING EVERYONE NEXT WEEK!</div>	<div>30</div> <div>NOOGIELAND CLOSED FOR DEEP CLEANING LOOKING FORWARD TO SEEING EVERYONE NEXT WEEK!</div>	<div>31</div> <div>NOOGIELAND CLOSED FOR DEEP CLEANING LOOKING FORWARD TO SEEING EVERYONE NEXT WEEK!</div>	 

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				NOOGIELAND CLOSED FOR DEEP CLEANING LOOKING FORWARD TO SEEING EVERYONE NEXT WEEK!
4 SORRY WE'RE CLOSED	5 NOOGIELAND Open for Drop Off 9am pick up 4pm	6 NOOGIELAND Open for Drop Off 9am pick up by 6pm	7 NOOGIELAND Open for Drop Off 9am pick up by 6pm	8 NOOGIELAND Open for Drop Off 9am pick up 4pm
11 NOOGIELAND Open for One to One Counselling Support for Youth	12 NOOGIELAND Open for Drop Off 9am pick up 4pm	13 NOOGIELAND Open for Drop Off 9am pick up 4pm	14 NOOGIELAND Open for Drop Off 9am pick up 4pm	15 NOOGIELAND Open for Drop Off 9am pick up 4pm
18 NOOGIELAND Open for One to One Counselling Support for Youth	19 NOOGIELAND Open for Drop Off 9am pick up 4pm	20 NOOGIELAND Open for Drop Off 9am pick up by 6pm	21 NOOGIELAND Open for Drop Off 9am pick up by 6pm Family Craft Night from 6 to 7:30pm	22 NOOGIELAND Open for Drop Off 9am pick up 4pm
25 NOOGIELAND Open for One to One Counselling Support for Youth	26 NOOGIELAND Open for Drop Off 9am pick up 4pm	27 NOOGIELAND Open for Drop Off 9am pick up by 6pm	28 NOOGIELAND Open for Drop Off 9am pick up by 6pm	29 NOOGIELAND Open for Drop Off 9am pick up 4pm

Gilda's Updates and Information!

Not a member and want to Volunteer?

Reach out to our

Volunteer Coordinator

Cara Dyke

(705) 726-5199 EXT 230

Please call us to
inquire about
Volunteer opportunities!



**NOT A
MEMBER?**

Visit gildasclubsimcoemuskoka.org

**JOINING
IS FREE &
EASY!**



***Support Gilda's Club
when you shop at
Bradford Greenhouses***



Bradford Greenhouses Garden Gallery (Barrie & Bradford locations) has selected Gilda's Club as one of the organizations they will support.

Whenever you (or others) are shopping at either Garden Gallery location, please say you support Gilda's Club before the cashier starts to check through your items and a portion of the sale will come to Gilda's Club Simcoe Muskoka!



JOIN US FOR OUR

BARBECUE

COMMUNITY IS STRONGER
THAN CANCER

THURSDAY, SEPT 14, 5 PM

OPEN TO OUR COMMUNITY

COME HUNGRY AND TOUR GILDA'S CLUB

RSVP REQUIRED



Gilda's Club Simcoe Muskoka does not receive any government funding and relies on the generous support from our community to provide FREE cancer support for anyone impacted by cancer.

**We are very grateful for contributions from these organizations
that are directed to our Cancer Support Program!**



An Affiliate of the
CANCER SUPPORT COMMUNITY



Q: Why did the actor fall through the floorboards?

A. They were going through a stage!

Q: Why can't you send a duck to space?

A. Because the bill would be astronomical!



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.
program@gildasclubsm.org