



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

ENDLESS

SUMMER

ADVENTURES



**PROGRAM
CALENDAR**
JULY, AUGUST, &
SEPTEMBER 2024




Free Cancer support for anyone affected by cancer!


We are here to ensure that **no one faces cancer alone!** We offer **free**, professional-level social and emotional services as a compliment 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, and adults who are impacted by cancer.



Get in Touch!

 705-726-5199

 www.gildasclubsimcoemuskoka.org

 10 Quarry Ridge Rd.,
Barrie, ON, L4M 7G1

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 2-3:30pm. 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 all 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 July, August & September 2024

Monday through Thursdays 9:00am to 4:00pm **Fridays 9:00am to 12:00pm (July & August only).**

We will be **closed** the following days in this upcoming calendar:

July 1; August 5; September 2

Follow us on Social Media on:

Twitter, Instagram @ Gildasclubsm or Facebook at facebook.com/gildasclub



HEALTHY LIFESTYLE MOVEMENT CLASSES

Hatha Yoga (2 Sessions)

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: Session A 11am-12pm IN-PERSON

Session B 12:30pm—130pm 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 11:30am-12:15pm VIRTUAL **No Class July 4th**

Qigong Yoga (2 Sessions) September ONLY

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.

September Hours- Session A 10-11am

Session B 11:30-12:30pm

****Members can select one session only! Expansion is to accommodate interest and new membership****

HEALTHY LIFESTYLE MOVEMENT CLASSES CONTINUED

Walking Group

Join us in our walking group. This group is weather dependent so if it is raining we will be cancelling as all walking will be done outside. Please wear proper footwear. We also recommend a water bottle, hat and sunglasses for warmer weather! **No Walking Group July 1st, August 5th and September 2nd.**

Mondays From 9:30—10:30am IN-PERSON (WEATHER PERMITTING)

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.

July 17; August 14; September 11 & 25 from 10:30-11:30am 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.

July 16th and September 19th from 12-4pm 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 July 9th IN-PERSON

Mindful Movement and Stretch ****NEW****

Come join us for this gentle yoga and mindfulness activity. No matter what level of experience you have with yoga this stretching class can introduce you to more flexibility physically and mentally!

Every Wednesday in July & August from 10-11am 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! *****

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 - 2pm 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 and 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

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 FIRST AND THIRD THURSDAY

5:30 - 6:30pm VIRTUAL

GROUP B: EVERY OTHER THURSDAY

12:30—1:30 PM IN-PERSON

Cancer Diagnosis 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

Grief and Loss

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 second Monday from 6:30m-8:00pm IN-PERSON

Young Adult Support Group (Ages 18-40) ****NEW****

This support group is for anyone with a recent cancer diagnosis and up to 5 years out of treatment, who looking to connect with younger adults.

Wednesday July 10 & 24; August 14 & 28 From 10:30am-12pm IN-PERSON

NETWORKING GROUPS

Blood Cancer Networking

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

July 3; August 7; September 4 **HYBRID**

Breast Cancer Networking (2 Groups)

Group A

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

JULY 29; AUGUST 26; SEPTEMBER 30 **VIRTUAL**

Group B

Every Other Friday

Starting July 12 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 "get it". You must be a registered member to attend a Support or Networking Group as these are professionally led by a Master's Level facilitator. Call Program Team if these are of interest to you!

CREATIVE EXPRESSION CLASSES

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 August 13th **

Jewellery Making

This fun new class will be all about exploring your creative side! Come make bracelets and necklaces with different beads and tools and get an opportunity to have fun and socialize with others at Gilda's!

July 30th from 10-11:30am IN-PERSON

Expressive Arts

Do you like to paint? How about creating poetry? Would you like to create a book binding for a gratitude journal? If these ideas seem of interest to you then please sign up as each week will be something new and exciting to create! **Thursdays from 2-4pm Month of July ONLY. IN-PERSON**

Art for Wellbeing -Summer Classes **New**

“Journal Gardening” - July 8th - Step into the tranquil world of 'Journal Gardening' where your thoughts become the seeds of your personal garden. Participants will extend upon the practice of journaling in a new form where every thought then blooms into vibrant flowers of expression. Nurture the garden of your mind and discover growth from within. *feel free to bring your own journal/notebook and pen if you wish, otherwise supplies will be provided. **July 8th from 2-3pm IN-PERSON**

“What Keeps You Strong” - August 13th - Dive into the realm of creative wellness as we explore your journey of resilience and strength through art. Through personalized reflection participants will create a 'medicine' shield adorned with individualized representations of what has kept you strong, serving as a tangible reminder of the support around you and the great power within you.

August 13th from 1-2pm IN-PERSON

“If I Were A Landscape” - September 20th - Embark on a journey of self-exploration through contemplation of what the world of you and your journey would look like. No prior artistic experience is necessary, as this guided creative experience encourages reflection and expression focused on process rather than outcome. Participants will use a variety of materials to represent any aspect of their inner self through the lens of landscapes and nature. **September 20th from 5-6pm IN-PERSON**

Art Class with Kim “An Apple a Day” - September 18th

It's apple harvest season, so join us as we create a variety of colourful prints of apples. Participants will be guided through the process of collagraphy and transferring images onto paper. *No prior experience is necessary as the instructor will guide you to meet your potential.*

September 18th from 1-3pm IN-PERSON

SOCIAL CONNECTIONS

Ice Cream Social Get Together

That's right it is officially summer and we want to get outside and enjoy the nice weather! Come for light refreshments and snacks as we enjoy our courtyard and all that summer has to offer!

August 22 From 12—2pm IN-PERSON

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!

July 11th, August 15th & September 19th From 1-2pm IN-PERSON

Fresh Summer Produce Social ****NEW****

July 9th from 1-2pm—Strawberries and Lemonade

August 8th from 1-2pm— Watermelon and Punch

September 20th from 4-5pm— Apples and Apple Cider



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

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"!

Fourth Thursday of each month from 6 - 7:30pm IN-PERSON *August meeting is on August 29th*

July: Fishing Stories August: Car show September: Cards Night

Making your own Smoothies ****NEW****

Join the program team as we make smoothies and increase our health and wellness knowledge.

September 5th from 12 - 2pm 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! Book club is moving to Thursday for the summer.

July 11, August 8, September 12 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.

Every Wednesday from 1 - 3pm for July & August IN-PERSON

Monday & Wednesday from 1-3pm for September IN-PERSON

Trivia

Come test your trivia skills, we will look at all genres including music, geography, history, Canadian History, movies, food and more. **July 23 at 1pm; August 28 at 10am; September 25 at 10am. IN-PERSON**

EDUCATIONAL WORKSHOPS

Cancer Thriving and Surviving (6-Week Series)

These workshops are designed to show techniques to deal with symptoms of cancer and its treatment. Topics will include fear of recurrence, changes in body image, exercise for improving strength, healthy eating, making decisions about treatment, working with health care providers, communicating with family and friends, dealing with negative emotions, action planning, problem solving and decision making.

Tuesday from 1 –3:30pm Starting August 20th IN-PERSON

Digital and Technology Support

The digital and technology support Program helps cancer patients (mainly 65 and older) and their families become more tech-savvy and helps them learn to use technology to their advantage during their cancer journey. The program's workshops educate patients and care partners in basic Internet and social media skills to help them in their search for information about their illness and find support for themselves and their families. **September 24th from 2-3pm 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.

Starting September 6 until October 11 From 12:30-1:30pm IN-PERSON

Brain Fitness **NEW******

We will be offering this class once a month to help get your brain active and out of the "fog". Do you like Sudoku, word puzzles, or crosswords? If yes then this group connection is for you!

Starting July 22nd, August 27th and September 17th From 2-3pm IN-PERSON

PROGRAM UPDATES

SOME OF OUR REGULAR PROGRAMMING HAS BEEN REMOVED FOR THE SUMMER MONTHS. **WE WILL BE CLOSING AT 12PM ON FRIDAYS FOR JULY AND AUGUST AND BACK TO REGULAR HOURS IN SEPTEMBER.**

WE ARE INTRODUCING MANY NEW PROGRAMS THIS SUMMER THAT WE HOPE YOU WILL ENJOY!

NEW PROGRAMMING INCLUDES:

- Summer Camps for Children & Youth
- Mindful Movement & Stretch
- Art for Wellbeing classes
- Music classes for Children & Youth
- Young Adult Support Group (Ages 18-40)
- Digital Workshops
- Ice Cream Social
- Making Smoothies



Please send us your ideas and inspiration for Fall so we may get started on creating new and innovative program ideas.

CYF PROGRAMS

Children's Summer Camps

July 2nd– August 22nd

Every Tuesday, Wednesday and Thursday from 9am – 3pm

Introducing Music Class from 2-3pm everyday at summer camp.

CYF Special Event Days

Elmvale Zoo—July 30th from 9:30am—2:30pm

Rec Room for Teens—August 16th from 10am - 1pm

Ice Cream Social— August 22nd from 12-2pm



Camp Guidelines

Camp will run for 8 weeks this summer on Tuesdays, Wednesdays and Thursdays from 9am – 3pm.

Please bring:

Snacks and a Lunch

Water Bottle

Indoor Shoes

Weather Appropriate Clothing

Sunscreen

Hat



Please contact the CYF Coordinator if your child has any allergies or food restrictions so we may make everyone feel welcome and safe.

Your Summer Camp Program Facilitator will be Rebecca! She is excited to meet all of the Noogieland families and have fun with the children and youth this summer!

A pick up and drop off form must be completed by all guardians before a child can be dropped off at Gilda's Club Simcoe Muskoka. If we do not have a form signed we will call you back to pick up your child so please don't forget! This is to ensure safety for all children attending summer camps.

Registration opened on June 3rd.

Rebecca: Noogieland@Gildasclubsimcoemuskoka.org

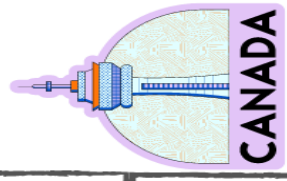
July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Canada Day 	2 10am Shinsei Wellness 12pm Sewing and Quilting	3 10am Mindful Movement & Stretch 12pm Blood Cancer Networking 1pm Cards 1pm Facing Forward 2pm Group Orientation	4 2pm Expressive Arts 5:30pm Family & Friends Support A	5 10:30am Cancer Diagnosis Support Group Closed at 12pm
8 9:30am Walking Group 11am Hatha Yoga A 12:30pm Hatha Yoga B 2pm Journal Gardening 6:30 Grief & Loss Support Group	9 10am Shinsei Wellness 11am Line Dancing 12pm Sewing and Quilting 1pm Fresh Summer Produce Social	10 10am Mindful Movement & Stretch 10:30am Young Adult Support 1pm Cards 1pm Facing Forward (Alumni Group) 2pm Group Orientation	11 11:30am Pilates 12pm Book Club 12:30pm Family & Friends Support B 1pm Bingo 2pm Expressive Arts	12 10:30am Breast Cancer Networking B Closed at 12pm
15 9:30am Walking Group 11am Hatha Yoga A 12:30pm Hatha Yoga B 1pm Living with Advanced Cancer	16 10am Shinsei Wellness 12pm Sewing and Quilting 12pm to 4pm Massage Therapy	17 10am Mindful Movement & Stretch 10:30am Energy Balancing Sound Bath 1pm Cards 1pm Facing Forward 2pm Group Orientation	18 11:30am Pilates 2pm Expressive Arts 5:30pm Family & Friends Support A	19 10:30am Cancer Diagnosis Support Group Closed at 12pm
22 9:30am Walking Group 11am Hatha Yoga A 12:30pm Hatha Yoga B 2pm Brain Fitness	23 10am Shinsei Wellness 11am Line Dancing 12pm Sewing and Quilting 1pm Trivia	24 10am Mindful Movement & Stretch 10:30am Young Adult Support 1pm Cards 2pm Group Orientation	25 11:30am Pilates 12:30pm Family & Friends Support B 2pm Expressive Arts 6pm Men Connect	26 10:30am Breast Cancer Networking B Closed at 12pm
29 9:30am Walking Group 11am Hatha Yoga A 12:30pm Hatha Yoga B 1pm Living with Advanced Cancer 7:00pm - Breast Cancer Networking Group A	30 10am Jewelry Making 10am Shinsei Wellness 12pm Sewing and Quilting	31 10am Mindful Movement & Stretch 1pm Cards 2pm Group Orientation		

Children,
 Youth
 & Family
 Program
 Summer camps
 are back
 July & August
 Only!
 Tues-Thurs
 9am-3pm



Summer Camp
 Fun for children



August 2024

Monday

Tuesday

Wednesday

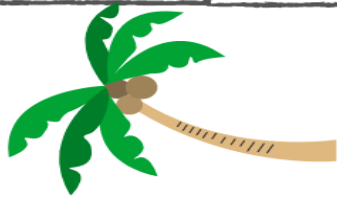
Thursday

Friday



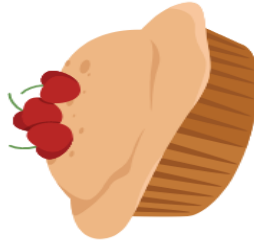
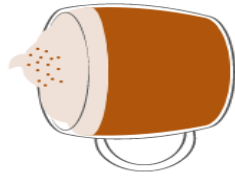
Summer

<p>5</p> <p>Closed for Civic Day</p> <p>CLOSED</p>	<p>6</p> <p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing and Quilting</p>	<p>7</p> <p>10am Mindful Movement & Stretch</p> <p>12pm Blood Cancer Networking</p> <p>1pm Cards</p> <p>1pm Facing Forward</p> <p>2pm Group Orientation</p>	<p>8</p> <p>11:30am Pilates</p> <p>12pm Book Club</p> <p>12:30pm Family & Friends Support B</p> <p>1pm Fresh Summer Produce Social</p>	<p>9</p> <p>10:30am Breast Cancer Networking B</p> <p>Closed at 12pm</p>
<p>12</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Living with Advanced Cancer</p> <p>6:30pm Grief & Loss Support Group</p>	<p>13</p> <p>10am Shinsei Wellness</p> <p>1pm What keeps you strong</p>	<p>14</p> <p>10am Mindful Movement</p> <p>10:30am Energy Balancing Sound Bath</p> <p>10:30am Young Adult Support</p> <p>1pm Cards</p> <p>1pm Facing Forward (Alumni)</p> <p>2pm Group Orientation</p>	<p>15</p> <p>11:30am Pilates</p> <p>1pm BINGO!</p> <p>5:30pm Family & Friends Support A</p>	<p>16</p> <p>10:30am Cancer Diagnosis Support Group</p> <p>Closed at 12pm</p>
<p>19</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga</p> <p>12:30pm Hatha Yoga B</p>	<p>20</p> <p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p>	<p>21</p> <p>10am Mindful Movement & Stretch</p> <p>1pm Cards</p> <p>1pm Facing Forward</p> <p>2pm Group Orientation</p>	<p>22</p> <p>11:30am Pilates</p> <p>12:30pm Family & Friends Support B</p> <p>12pm Ice Cream Social</p>	<p>23</p> <p>10:30am Breast Cancer Networking B</p> <p>Closed at 12pm</p>
<p>26</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Living with Advanced Cancer</p> <p>7:00pm - Breast Cancer Networking Group A</p>	<p>27</p> <p>10am Shinsei Wellness</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p> <p>2pm Brain Fitness</p>	<p>28</p> <p>10am Mindful Movement & Stretch</p> <p>10am Trivia</p> <p>10:30am Young Adult Support</p> <p>1pm Cards</p> <p>2pm Group Orientation</p>	<p>29</p> <p>11:30am Pilates</p> <p>6pm Men Connect</p>	<p>30</p> <p>10:30am Cancer Diagnosis Support Group</p> <p>Closed at 12pm</p>



September 2024

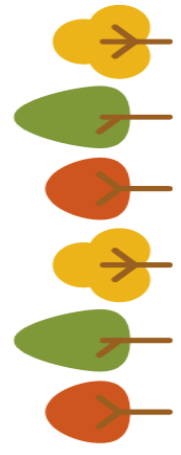
September highlights



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed for Labour Day</p> <p>CLOSED</p>	<p>3</p> <p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p>	<p>4</p> <p>12pm Blood Cancer Networking</p> <p>1pm Cards</p> <p>1pm Facing Forward</p> <p>2pm Group Orientation</p>	<p>5</p> <p>11:30am Pilates</p> <p>12pm Making Smoothies</p> <p>12:30pm Family & Friends Support B</p> <p>5:30pm Family & Friends Support A</p>	<p>6</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30pm Breast Cancer Networking B</p> <p>12:30pm Resilience</p>
<p>9</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Cards</p> <p>1pm Living with Advanced Cancer</p> <p>6:30pm Grief & Loss Support Group</p>	<p>10</p> <p>10am Shinsei Wellness</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p>	<p>11</p> <p>10:30am Energy Balancing</p> <p>Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward (Alumni Group)</p> <p>2pm Group Orientation</p>	<p>12</p> <p>11:30am Pilates</p> <p>12pm Book Club</p>	<p>13</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30pm Cancer Diagnosis Support Group</p> <p>12:30pm Resilience</p>
<p>16</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Cards</p>	<p>17</p> <p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p> <p>2pm Brain Fitness</p>	<p>18</p> <p>1pm Cards</p> <p>1pm Facing Forward</p> <p>2pm Group Orientation</p> <p>1pm An Apple a Day</p>	<p>19</p> <p>11:30am Pilates</p> <p>12pm to 4pm Massage Therapy</p> <p>12:30pm Family & Friends Support B</p> <p>1pm BINGO!</p> <p>5:30pm Family & Friends Support A</p>	<p>20</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30pm Breast Cancer Networking B</p> <p>12:30pm Resilience</p> <p>4pm Fresh Summer Produce</p> <p>5pm If I were a Landscape</p>
<p>23</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Cards</p> <p>1pm Living with Advanced Cancer</p>	<p>24</p> <p>10am Shinsei Wellness</p> <p>12pm Sewing and Quilting</p> <p>1pm Cancer Thriving and Surviving</p> <p>2pm Digital Workshop</p>	<p>25</p> <p>10:30am Energy Balancing</p> <p>Sound Bath</p> <p>10am Trivia</p> <p>1pm Cards</p> <p>2pm Group Orientation</p>	<p>26</p> <p>11:30am Pilates</p> <p>6pm Men Connect</p>	<p>27</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30pm Cancer Diagnosis Support Group</p> <p>12:30pm Resilience</p>
<p>30</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1pm Cards</p> <p>7:00pm- Breast Cancer Networking Group A</p>				



Sweater Weather





An Affiliate of the
CANCER SUPPORT COMMUNITY

Did you know?

In the first six months this year we have had 124 new members join the clubhouse!

We have had 3,441 visits to all of our programs in the first six 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!™



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**

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