



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Calendar

October, November & December 2022

**Free Cancer Support for
Individuals and Families**



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

IN-PERSON POLICY



As of September 6th, 2022, we will be a mask friendly facility. It will be each person's choice to wear a mask or not. We continue to ask that if you are feeling any symptoms of a cold, flu or COVID 19, that you refrain from attending the Clubhouse until your symptoms have subsided. If you feel uncomfortable with the change in mask policy, our virtual services remain a safe and inclusive option for you.

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,

Family and Friends Support

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

7:00pm - 8:15pm

Facing Forward Support

A biweekly group for Members 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

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 ; 7:00pm-8:15pm **VIRTUAL**

Starts October 19; Ends December 14

(No Group on November 2)

Individual Counselling



Members of Gilda's Club Simcoe Muskoka can receive **free**, short-term counselling with a registered mental health professional.

We provide counselling to:

- ◆ Members who have a cancer diagnosis
- ◆ Members who have completed cancer treatment
- ◆ Members who are caregiving for someone with a cancer diagnosis
- ◆ Members who have had a family member or friend die from cancer (grief counselling)

Sessions are available on Zoom, or in-person (limited capacity).

Preference will be given to those who are not eligible for the Counselling and Support Services at the Simcoe Muskoka Regional Cancer Centre and/or their affiliated cancer centre. For more information, please contact us!

Metastatic Networking

The second Monday of each month, 7:00pm - 8:30pm

(October 11* ; November 14; December 12) VIRTUAL

**Note: Due to Thanksgiving, 1st session will be Tuesday October 11*

Blood Cancer Networking*

**Note: You can only be registered for In Person or Virtual, not both*

The third Wednesday of each month, 6:00pm - 7:00pm

(October 19; November 16; December 21) VIRTUAL

The second Thursday of each month, 2:00pm - 3:00pm

(October 13; November 10; December 8) IN PERSON

Breast Cancer Networking

The last Monday of each month, 7:00pm - 8:30pm

(October 31; November 28)

No Group December 26

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, contact us or visit our Website!

Living with Advanced Cancer

(Formerly known as "Circle of Life" group)


This hopeful, inspiring group 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

2:00pm - 3:15pm

Creative Expression Classes

Classes marked with a  have materials kits available for pickup at the Clubhouse. Please enquire when registering.

Sewing and Quilting

Do you enjoy sewing or quilting? Members are welcome to join this weekly group anytime between 10:00am - 3:00pm! Be you 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

10:00am - 3:00pm

Journaling

This 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 Wednesday

VIRTUAL

First Wednesday of each month: 6:30pm-7:30pm

All other Wednesday of each month:

10:00am - 11:00am (October 12 will be from 9:30-10:30am)

Halloween Haunts

We will be creating Halloween themed images using a batik process. It's all about the pumpkin patch and jack o lanterns as participants are directed through the creation of a focal point.

Thursday, October 27

IN PERSON

1:00pm - 3:00pm

Poppies

The poppy has been an enduring symbol of remembrance since the First World War. John McCrae's poem "In Flanders Fields" will inspire the creation of beautiful poppy images using pastels and ink on wet paper.

Thursday, November 10

IN PERSON

6:00pm - 8:00pm

Step by Step Painting

Join Vivian to be guided through a step by step painting process. You will complete a finished masterpiece of your own from start to finish. All experience levels welcome.

Wednesday December 7

IN PERSON

10:00am - 11:30am

Holiday Ornaments

It's time to deck the halls in preparation for the holiday season. Have fun creating a variety of vintage looking ornaments which can adorn a tree or be used as gift tags.

Thursdays, December 15

IN PERSON

1:00pm - 3:00pm



Movement Classes



All movement classes are led by certified instructors, are restorative and rehabilitative in nature, and are ideal for total

Hatha Yoga

Discover the beauty of yoga, calming the body... 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

Note there are no sessions on October 10 and December 26

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 (Returns November 4!)

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

VIRTUAL

10:00am - 11:00am

Start Date: November 4

The Alchemy of Breath: Restore, Rejuvenate, & Renew Four Week Series

Come check out a new Limited Series combining breathing and body movements to improve ones physical, mental and emotional health. You will be introduced to Equal Ratio Breathing, Ujjayi, Alternate Nostril Breathing and other breathing techniques combine with various gentle body movements.

Starts November 9

Ends November 30

IN PERSON

11:00am - 12:00pm

Walking Group

Join Gilda's Club Staff/Volunteers for a 30 minute walk in the area around the Clubhouse to end the week. Feel free to stay after the walk and have a coffee and chat! (Weather permitting)

Every Friday in October & November

IN PERSON

12:00pm - 12:30pm

Chair Yoga and Meditation

Enjoy gentle movement to awaken the spine, shoulders, and hips using the support of the chair, followed by a guided meditation to decrease stress and anxiety.

You will need a hard chair without arms Ex: kitchen or folding chair.

Wednesday October 19;

Tuesday November 8;

Wednesday December 14

1:00pm - 2:00pm

VIRTUAL

Educational Workshops

Care for the Caregiver

Caregivers deserve care too! This virtual workshop, open to folks in any type of caregiving role (including friends, family, professionals and more), will cover self-care strategies specific to caregivers; dealing with caregiver burnout and/or vicarious trauma; communication and advocacy; and more.

Presented by Sara, RSW, MSW

Tuesday, October 25

VIRTUAL

10:00am - 11:30am

Skills for Effective Communication

This skills-based workshop will leave anyone impacted by cancer equipped to have productive conversations with family, friends, medical professionals, work colleagues, and more. Participants will learn how to set boundaries, get needs heard and addressed, and decrease conflicts— especially as they relate to living a life impacted by cancer.

Presented by Sara, RSW, MSW.

Tuesday, November 22

VIRTUAL

10:00am - 11:30am

Managing Cancer-Related Fatigue

Join Martha Sharp, a Naturopathic Doctor, as she explores some of the roots of cancer-related fatigue. You will identify some of the key signs and symptoms of fatigue and you will explore evidenced based strategies to help reduce cancer-related fatigue.

Wednesday, November 23

IN PERSON

2:00pm - 3:00pm

Focusing on Self-Care

Whether you are going through cancer or you are the family, friend or caregiver to someone with cancer, it can be easy to forget to focus on those daily activities that help with wellness. In this workshop you will learn what encompasses good self-care, and how doing so will can improve you and physical, mental and emotional wellbeing.

Presented by Program Director Joseph, RSW, MSW.

Wednesday, November 30

IN PERSON

1:00pm - 2:30pm

Managing Difficult Emotions

Whether you are coping with anger, guilt, sadness, anxiety, or any other painful or unpleasant emotion, you are invited to come learn how to cope with emotions when they become too overwhelming. Using the Dialectical Behavioural Therapy (DBT) model, participants will be equipped with new skills to make emotions work for you, instead of against you

Presented by Sara, RSW, MSW.

Tuesday, December 13

VIRTUAL

10:30am - 12:00pm

National Bereavement Day

November 15, 2022

Coping with Holiday Grief

The holidays can be a difficult & painful time when we are grieving. Please join us for a workshop designed to explore grief & learn coping strategies to help manage over the holidays.

November 15 10:30am - 11:30am

IN PERSON

Film Screening & Facilitated Discussion

Join us as we screen the documentary Speaking Grief. This documentary is a public media initiative aimed at creating a more grief-aware society by validating the experience of griever and helping to guide those who wish to support them. The movie will be followed by a facilitated discussion.

November 15 12:00pm - 2:00pm

IN PERSON

Social Activities



Tea & Talk

After 2 years away, come to the Clubhouse, enjoy a nice cup of tea (or coffee) and engage with others. It's a chance to meet other members of the Gilda's Club community, as well as some of the staff. Join us and keep connected with your Gilda's Club Community!

First and third Thursdays of each month IN-PERSON
1:30pm - 2:30pm

Men With Cancer Connect

Open to male-identified Members who have a current cancer diagnosis, or are post-treatment.

A gathering of guys who are on a cancer journey and/or have been through it, where the conversation goes wherever the group chooses.

Second Thursday of each month

VIRTUAL

Fourth Thursday of each month

IN-PERSON

6:30pm - 7:30pm

Soup Social

As the colder weather nears, drop in to the Clubhouse for a combination warm soup and warm conversation.

Second and Fourth Monday of each month

There will be no Soup Social December 26 due to Stat Holiday

12:00pm - 1:30pm

IN PERSON

There will be no sessions October 31 & December 26 due to Stat Holidays



CHILD, YOUTH & FAMILY PROGRAM

AT GILDA'S CLUB SIMCOE MUSKOKA



Support Groups

Workshops

Teens Support *Five-week series*

Teens ages 13-17 who have/had a loved one living with cancer.

Teen Support is a bi-weekly, professionally led, peer support group for teens who have someone in their life with cancer (either in treatment or post-treatment), or for teens who have cancer themselves. Teen support provides space for teens to connect with others. Each week we will explore different topics such as emotions, coping skills, and cancer related topics.

Every Tuesday 7:00pm - 8:00pm IN-PERSON

STARTING OCTOBER 18

Kid Support *Nine-week series*

Children ages 4-7 who have had a loved one living with cancer.

Kid Support™ is a weekly professionally led, peer support group for children who have someone in their life with cancer (either in treatment or post-treatment), or for children who have cancer themselves. Children will have an opportunity to connect with others, receive age-appropriate information about cancer and its treatment, address common cancer-related misconceptions, promote children's discussions about what they are feeling and experiencing, help children develop coping skills, and promote family communication about cancer.

Children ages 4-7 who have had a loved one living with cancer.

Every Tuesday 4:30pm - 5:30pm IN-PERSON

STARTING OCTOBER 18

Children ages 8-12 who have had a loved one living with cancer.

Every Tuesday 5:45pm - 6:45pm IN-PERSON

STARTING OCTOBER 18

Parent Support Series *Six-week series*

Adults who are supporting children and teens.

Check out this new and exciting support series geared towards adults supporting children and teens when there is cancer in the family, regardless of the specific connection. This new group will explore an array of topics that relate to supporting children impacted by a cancer diagnosis including those related to behaviour guidance/managing expectations, sleep, mindfulness, self-care and so much more. There will also be plenty of time to share and connect with other adults in a parenting role.

Tuesdays

VIRTUAL

6:30pm - 8:00pm

First session: November 1 Last session: December 6

Coping Skills Workshop *Children ages 4-8*

Join us in Noogieland as we explore coping with worries and create your very own worry creature. The workshop will begin with a story about worries and will follow with a discussion to normalize, express, and validate worries. Registration is required and space is limited

Saturday, October 22

IN-PERSON

9:30am — 10:30 am

Teddy Bear Clinic *Children ages 4-10*

Join our special guest, Child Life Specialist Jocelyn Leworthy at our The Teddy Bear Clinic. Jocelyn will guide children through a play experience that allows them to gain understanding and a sense of mastery over medical experiences related to cancer. Children are invited to bring their plush pals through "clinic stations" as they learn through guided play. Registration is required and space is limited

Saturday, November 5

IN-PERSON

10:00am - 11:00am (First Timeslot)

11:00am - 12:00pm (Second Timeslot)



NOT A MEMBER?

JOINING IS FREE & EASY!



Visit our website:

<https://gildasclubsimcoemuskoka.org/become-a-member/>

CHILD, YOUTH & FAMILY PROGRAM

AT GILDA'S CLUB SIMCOE MUSKOKA



Social

Therapy Dog Visit

Families with children are invited to the clubhouse to meet with our furry friend Sierra, from COPE Service Dogs. Come meet Sierra, have a snuggle, ask questions and learn about how Sierra helps people. Registration is required and space is limited.

Saturday, October 22
10:30am - 11:30am

IN-PERSON



Noogiefest!

Families with children and teens are invited to the Clubhouse for a spook-tacular celebration! Come dressed in your best costume and join us in some Halloween fun, games and pumpkin decorating! We look forward to a gourd time!

Wednesday, October 26
6:00pm - 8:00pm

IN-PERSON



Tween & Teen Painting and Pizza

Calling all Gilda's Teens & Tweens from ages 12-17 to join us at the clubhouse for pizza, socializing and pottery painting!

Tuesday, November 22
7:00pm - 9:00pm

IN-PERSON

Teens Social & Baking

Join us in Gilda's Kitchen as we learn a new recipe, bake some tasty treats, and socialize over hot chocolate.

Tuesday, December 6
7:00pm - 9:00pm

IN-PERSON



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Families Connect

Family Paint Night: Watercolour Holiday Cards

Families with children of all ages (up to 17) are invited to join our art instructor Lisa, in a lesson on creating Holiday Cards using watercolor paint techniques. Each family will have an opportunity to create their own collection of cards to keep or give away over the holidays!

Wednesday, November 23
6:00pm - 7:30pm

IN-PERSON

HOW TO REGISTER FOR ACTIVITIES

Gilda's Club Members can now register you & your family members online!

Visit <https://www.gildasclubsimcoemuskoka.org> and click on the Program Calendar Link at the top of the page.

Use your e-mail that you have on file with us to log in!

Kindly note you can not register for Support or Networking groups through your Portal. To register for a Support or Networking Group, email program@gildasclubsm.org

Should you require any technical assistance, e-mail or call us!

INDIVIDUAL COUNSELLING SERVICES FOR CHILDREN & TEENS AT GILDA'S CLUB SIMCOE MUSKOKA

Gilda's Club Simcoe Muskoka offers **1:1 short term counselling** for children and youth who have been affected by cancer either themselves, a family member, or loved one.

Our social worker utilizes evidence-based practices to provide a holistic and personalized approach for each individual.

Our sessions aim to help children and teens understand and process their emotions, build skills to learn how to cope with cancer related distress, and provide emotional support.

Please contact **Paulette Light**, MSW, RSW for more information:

paulette@gildasclubsm.org



NOVEMBER 15, 2022

NATIONAL BEREAVEMENT DAY

The third Tuesday in November marks the annual National Grief and Bereavement Day in Canada.

Gilda's Club Simcoe Muskoka invites you to join us for special events to honor this day
(registration required)

- Coping With Holiday Grief Workshop 10:30-11:30
- Film Screening & Facilitated Discussion 12:00-2:00





Holiday *Bash*

December 1, 2022

5 PM TO 8 PM

COME & JOIN US!

We are inviting our Gilda's Club Simcoe Muskoka Members to join us in celebrating the Holiday Season!

Join us in sharing food, fun and community at the Clubhouse. Please Register on the Portal or RSVP by calling 705 726 5199

**FREE
PARKING
IN OUR LOT**

10 QUARRY RIDGE RD
BARRIE, ON

WWW.GILDASCLUBSIMCOEMUSKOKA.ORG



**GILDA'S CLUB
SIMCOE MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

MON

TUE

WED

THURS

FRI

SAT/SUN

1/2

October

3

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living
with Advanced Cancer

7:00-8:15pm Family &
Friends Support

4

10:00am-3:00pm
Sewing & Quilting

5

1:00-2:30pm Facing
Forward Support

6:30-7:30pm Journaling

6

11:30 - 12:15pm Pilates

1:30-2:30pm Tea & Talk

7

12:00-12:30pm Walking
Group

10

CLOSED
THANKSGIVING DAY

11

10:00am-3:00pm
Sewing & Quilting

7:00-8:30pm Metastatic
Networking

12

9:30-10:30am Journaling

13

11:30 - 12:15pm Pilates

2:00-3:00pm - Blood
Cancer Networking

6:30-7:30pm Men With
Cancer Connect

14

12:00-12:30pm Walking
Group

17

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living With
Advanced Cancer

7:00-8:15pm Family &
Friends Support

18

10:00am-3:00pm
Sewing & Quilting

4:30-5:30pm Kid Support
(Age 4-7)

5:45-6:45pm Kid Support
(Age 8-12)

7:00-8:00pm Teen Support
(Age 13-17)

19

10:00-11:00am Journaling

1:00-2:30pm Facing
Forward Support

1:00 - 2:00pm Chair Yoga &
Meditation

6:00-7:00pm Blood Cancer
Networking

7:00-8:15pm Living with Loss

20

11:30 - 12:15pm Pilates

1:30-2:30pm Tea & Talk

21

12:00-12:30pm Walking
Group

22

9:30-10:30am Coping Skills
Workshop (Ages 4-8)

10:30-11:30am Therapy Dogs

24

11:00-12:00pm Hatha
Yoga

12:00-1:30pm Soup
Social

25

10:00am-3:00pm
Sewing & Quilting

10:00-11:30am Care for the
Caregiver

4:30-5:30pm Kid Support
(Age 4-7)

5:45-6:45pm Kid Support
(Age 8-12)

26

10:00-11:00am Journaling

NOOCTEFEST!
6:00-8:00PM

7:00-8:15pm Living with
Loss

27

11:30 - 12:15pm Pilates

1:00-3:00pm Halloween
Haunts

6:30-7:30pm Men With
Cancer Connect

28

12:00-12:30pm Walking
Group



MON

TUE

WED

THURS

FRI

SAT/SUN

31



11:00-12:00pm Hatha
Yoga

7:00-8:30 Breast
Cancer Networking

1

10:00-3:00pm Sewing & Quilting

4:30-5:30pm Kid Support
(Age 4-7)
5:45-6:45pm Kid Support
(Age 8-12)
7:00-8:00pm Teen Support
(Age 13-17)

6:30-8:00pm Parenting
Support Series

2

CLOSED

**PROFESSIONAL
DEVELOPMENT DAY**

1:00-2:30pm Facing
Forward Support

6:30-7:30pm Journaling

3

11:30-12:15pm Pilates

1:30-2:30pm Tea & Talk

4

10:00-11:00am Qigong
Yoga

12:00-12:30pm Walking
Group

5

Teddy Bear Clinic:
10:00-11:00am (Group 1)
11:00-12:00pm (Group 2)

6

7

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living
With Advanced Cancer

7:00-8:15pm Family &
Friends Support

8

10:00-3:00pm Sewing & Quilting

1:00-2:00pm Chair Yoga & Meditation

4:30-5:30pm Kid Support
(Age 4-7)
5:45-6:45pm Kid Support
(Age 8-12)

6:30-8:00pm Parenting
Support Series

9

10:00-11:00am Journaling

11-12 The Alchemy of
Breath

7:00-8:15pm Living with
Loss

10

11:30-12:15pm Pilates

2:00-3:00pm - Blood
Cancer Networking
6:30-7:30pm Men With
Cancer Connect

6:00-8:00pm Poppies

11

10:00-11:00am Qigong
Yoga

12:00-12:30pm Walking
Group

14

11:00-12:00pm Hatha
Yoga

12:00-1:30pm Soup
Social

7:00-8:30pm
Metastatic
Networking

15

National Bereavement
Day

10:00-3:00pm Sewing & Quilting

4:30-5:30pm Kid Support
(Age 4-7)
5:45-6:45pm Kid Support
(Age 8-12)
7:00-8:00pm Teen Support
(Age 13-17)

6:30-8:00pm Parenting
Support Series

16

10:00-11:00am Journaling

11:00-12:00pm The
Alchemy of Breath

1:00-2:30pm Facing
Forward Support

6:00-7:00pm Blood Cancer
Networking
7:00-8:15pm Living with
Loss

17

11:30-12:15pm Pilates

1:30-2:30pm Tea & Talk

18

10:00-11:00am Qigong
Yoga

12:00-12:30pm Walking
Group

21

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living
With Advanced Cancer

7:00-8:15pm Family &
Friends Support

22

10:00-3:00pm Sewing & Quilting

10:00-11:30am Skills for
Effective Communication

4:30-5:30pm Kid Support
(Age 4-7)
5:45-6:45pm Kid Support
(Age 8-12)
6:30-8:00pm Parenting Support
Series
7:00-9:00pm Tween & Teen Paint
Night

23

10:00-11:00am Journaling

11:00-12:00pm The
Alchemy of Breath

2:00-3:00pm Managing
Cancer-Related Fatigue

6:00-7:00pm Water Colour
Holiday Cards (Family
Paint Night)
7:00-8:15pm Living with Loss

24

11:30-12:15pm Pilates

6:30-7:30pm Men With
Cancer Connect

25

10:00-11:00am Qigong
Yoga

12:00-12:30pm Walking
Group

28

11:00-12:00pm Hatha
Yoga

12:00-1:30pm Soup
Social

7:00-8:30 Breast
Cancer Networking

29

10:00-3:00pm Sewing & Quilting

4:30-5:30pm Kid Support
(Age 4-7)
5:45-6:45pm Kid Support
(Age 8-12)
7:00-8:00pm Teen Support
(Age 13-17)

6:30-8:00pm Parenting
Support Series

30

10:00-11:00am Journaling

11:00-12:00pm The
Alchemy of Breath

1:00-2:30pm Focusing on
Self-Care

7:00-8:15pm Living with
Loss

November

MON

TUE

WED

THURS

FRI

SAT/SUN

December

5

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living
with Advanced Cancer

7:00-8:15pm Family &
Friends Support

6

10:00-3:00 Sewing & Quilting

4:30-5:30pm Kid Support
(Age 4-7)

5:45-6:45pm Kid Support
(Age 8-12)

6:30-8:00pm Parenting
Support Series

7:00-9:00pm Teen
Social/Baking

12

11:00-12:00pm Hatha
Yoga

12:00-1:30pm Soup
Social

7:00-8:30pm
Metastatic
Networking

13

10:00-3:00pm Sewing &
Quilting

10:30-12:00pm Managing
Difficult Emotions

4:30-5:30pm Kid Support
(Age 4-7)

5:45-6:45pm Kid Support
(Age 8-12)

7:00-8:00pm Teen Support
(Age 13-17)

19

11:00-12:00pm Hatha
Yoga

2:00-3:15pm Living
With Advanced Cancer

7:00-8:15pm Family &
Friends Support

20

10:00-3:00pm Sewing &
Quilting

7

10:00-11:30am Step by
Step Painting

1:00-2:30pm Facing
Forward Support

6:30-7:30pm Journaling

7:00-8:15pm Living with
Loss

14

10:00-11:00am Journaling

1:00-2:00pm Chair
Yoga & Meditation

7:00-8:15pm Living with Loss

21

10:00-11:00am Journaling

1:00-2:30pm Facing
Forward Support

6:00-7:00pm Blood
Cancer Networking

26

CLOSED
BOXING DAY

27

CLOSED
HOLIDAYS

1

11:30-12:15pm Pilates

1:30-2:30pm Tea & Talk

5:00-8:00 pm
Holiday Bash

2

10:00-11:00am Qigong
Yoga

8

11:30-12:15pm Pilates

2:00-3:00 - Blood Cancer
Networking

6:30-7:30pm Men With
Cancer Connect

15

11:30-12:15pm Pilates

1:00-3:00pm Holiday
Ornaments

1:30-2:30pm Tea & Talk

22

11:30-12:15pm Pilates

6:30-7:30pm Men With
Cancer Connect

29

11:30-12:15pm Pilates

24

25

Happy Holidays!

30

10:00-11:00am Qigong
Yoga

HAPPY
NEW
YEAR

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



**Become a Member
today!**

**Scan the QR Code below with your cell
phone or tablet.**



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

**An Affiliate of the
CANCER SUPPORT COMMUNITY**

We thank you for your support.

