



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

PROGRAM CALENDAR

December, January, February



Affected By Cancer? We Can Help.

Our Services

To register for any of our programs, please visit our website at www.gildasclubsimcoemuskoka.org and click on the program calendar. Full descriptions of all Gilda's Club programs are accessible on our online calendar.

Programs

Our programs include:

- Support Groups
- Movement Classes
- Educational Workshops
- Social Connection
- Creative Expression Classes
- Individual Counselling Support

We Provide In-Person, Virtual,
and On-Demand Services

Please check our online calendar for information on which programs are offered in-person as well as virtually. Check out our On-Demand platform via your Member portal. For the latest updates, please visit www.gildasclubsimcoemuskoka.org

✉ Program@gildasclubSM.org

☎ 705-726-5199

📍 10 Quarry Ridge rd., Barrie,
ON, L4M7G1



SCAN TO BECOME A MEMBER

Complete the member intake form online then register for an in-person or virtual orientation.

Program Information

Welcome to Gilda's Club Simcoe Muskoka, We are glad to see you're interested in becoming a Member! The first step in this process is to complete the online intake and consent forms via our website, <https://gildasclubsimcoemuskoka.org/>. You will then be able to register for an in-person or virtual orientation. At the orientation, you will get to know more about us and what we do here at Gilda's Club, meet our staff, and get a tour of our building. Once this 2-step process is complete, your membership will be made active and you may begin to register for programs via your Gilda's Club portal. If you experience any technical issues please give us a call at **705-726-5199** or email Program@gildasclubSM.org.

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 diagnoses are 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 emailing Program@gildasclubSM.org.

Registration opens 4 weeks in advance for most programs, except for Qigong Yoga which opens 2 weeks in advance.

Hours of Operation for December 2025, January and February 2026.

Monday through Thursday 9:00am to 4:00pm and Friday the Clubhouse is closed.

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

December 24th closed at noon, December 25th– January 2nd 2026 and February 16th.

Follow us on Social Media at:

Instagram @Gildasclubsm or Facebook @facebook.com/gildasclubsm



Respect and Inclusiveness

We are respectful and welcoming to all people touched by cancer with diverse backgrounds and perspectives. Members/participants are invited to "come as you are" in an environment that welcomes humour, honours learning, and encourages meaningful exchanges with others.

Gilda's Club Simcoe Muskoka recognizes that we are on Treaty 16 territory. We humbly and respectfully acknowledge the original caretakers of this Land, the Haudenosaunee, Ojibwe/Chippewa, the Wendat, and the Anishinaabeg Peoples, who have been stewards of their traditional territories from the beginning. The Anishnaabeg include the Odawa, Ojibwe, and Pottawatomi nations, collectively known as the Three Fires Confederacy.

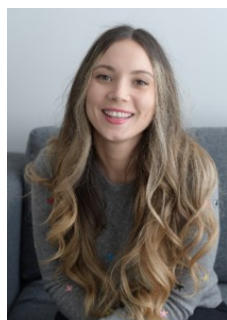
We also acknowledge that today Barrie, and all of Ontario, is the home of many First Nations, Métis, and Inuit peoples from all across Turtle Island. We recognize and honour their ongoing connections to this Land where we live, work, and play and are committed to working towards reconciliation and relationship-building.

Meet the Program Team



Madison Troian MACP, RP
(Qualifying)

Program Director



Jessica Ward MSW, RSW

Clinical Director



Taylor Smith MSW, RSW

Grief Lead

Program Facilitator



Kelsie Kinsella MACP, RP
(Qualifying)

Program Facilitator

MOVEMENT PROGRAMS

Hatha Yoga (2 Classes)

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 Class A 11am-12pm Class B 12:30-1:30pm IN-PERSON *No class Dec 29th and Feb 16th**

Yin Yoga *NEW*

Yin Yoga is a gentle, grounding practice designed to release tension in the body and calm the mind. By holding relaxing poses for several minutes, it helps soothe the nervous system and create a deep sense of stillness. This restful approach makes it especially supportive for evening wind-downs and improving sleep quality.

Wednesday December 3rd, January 14th, February 11th from 7-8pm VIRTUAL

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-12:30pm HYBRID **No class on Dec 25th and Jan 1st**

Qigong Yoga (2 Classes)

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 Thursday: Class A 10-11am Class B 11:30am-12:30pm HYBRID *No Class on Dec 25th and Jan 1st*

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 10-11am IN-PERSON ** No class on Dec 30th**

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. Class is run by Lisa Hutchinson!

Wednesday Dec 3rd & 17th, Jan 7th & 21st, Feb 4th & 18th from 10:30-11:30am IN-PERSON

Thursday Jan 22nd, Feb 19th from 6:30-7:30pm IN-PERSON

iRest Meditation Class

Based on the ancient teachings of meditation, Integrative Restoration (iRest) is an evidence-based transformative practice that leads to psychological, physical and spiritual healing and well-being. Its practice is integrative as it heals the various unresolved issues and traumas that are present in your body and mind, and restorative as it enables you to recognize your innate peace of mind that is always present amidst all the changing circumstances of life. iRest provides you with tools to help you relax deeply, release stress, increase resiliency, improve your interpersonal relationships and provide you with greater mastery and control in your life. iRest supports you to resolve issues such as insomnia, anxiety, fear and depression. Feel free to bring any blankets, pillows, eye masks, or any other props that may help you feel comfortable.

Thursday Dec 11th, Jan 8th and Feb 26th from 6:30-7:30pm 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 a massage. **Jan 21st and Feb 18th from 1-4pm 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.

Tuesday Dec 9th, and 23rd, Jan 13th and 27th from 11am-12pm IN-PERSON

** No classes in February**

COUNSELLING GROUPS

Support Groups

Support Groups are led by a registered mental health professional and offer a caring space to share your story, feel understood, and connect with others who truly “get it.” These groups help you navigate the emotional and practical challenges of cancer alongside people who have lived similar experiences. You’re not alone here.

V = Virtual IP = In-person

Group Name & Description		V/IP	Date	Time	Facilitator
Caregiver Support Group For anyone caring for a loved one with cancer — from diagnosis through the first year after treatment. A place to share, connect, and feel supported.		IP	One Saturday per month <i>Dec 20, Jan 17, Feb 21</i>	11:00am-12:00pm	Tamara
Facing Forward Support Groups A & B For those recently finished treatment through five years post-treatment. A space to reflect, process, and look toward what’s next — together. <i>*No group on Dec 24*</i>	A:	V	1st & 3rd Wednesday <i>Dec 3, 17; Jan 7, 21; Feb 4, 18</i>	1:00pm-2:30pm	Taylor & Shannon
	B:	V	2nd & 4th Wednesday <i>Dec 10; Jan 14, 28; Feb 11, 25</i>	1:00pm-2:30pm	Kelsie & Riya
Family & Friends Support Group For family and friends whose loved one is recently diagnosed or up to 12 months post-treatment. Come find community and compassion as you navigate this together.		V	2nd & 4th Monday <i>Dec 8, 22; Jan 12, 26; Feb 9, 23</i>	6:00pm-7:00pm	Madison
Grief & Loss Support Group **NEW** For those grieving the loss of someone to cancer, from recent loss up to 5 years. A space to honour your person, share your feelings, and find support as you navigate grief.		V	1st & 3rd Thursday <i>Dec 4, 18; Jan 15; Feb 5, 19</i>	6:00pm-7:00pm	Taylor
Living With Advanced Cancer Support Group For individuals navigating life with stage 4 cancer. Come as you are to receive support, care, and community. <i>In-person meetup: Jan 20 3:00pm – 4:00pm</i>		V	Every other Monday <i>Dec 1, 15; Jan 12, 26; Feb 9, 23</i>	1:30pm-2:30pm	Taylor
Living With Cancer Support Group For those living with a current cancer diagnosis, from recent diagnosis through 18 months post-treatment. A place to share, cope, and feel supported along the way.		IP	Every other Tuesday <i>Dec 2, 16; Jan 13, 27; Feb 10, 24</i>	10:30am-12:00pm	Kelsie
Newly Diagnosed Support Group For those recently diagnosed with cancer, up to one year post-diagnosis. A space to share fears, find strength, and feel supported from the start.		IP	4th Wednesday <i>Jan 28, Feb 25</i>	10:30am-11:30am	Kelsie

To join a Counselling Group contact the Program Team at program@gildasclubSM.org or call (705) 726-5199 and ask to speak with someone from our Program Team.

COUNSELLING GROUPS

Networking Groups

Networking Groups bring together people impacted by cancer to build community, exchange resources, and support one another. Guided by a registered mental health professional, these gatherings focus on connection — whether you're looking for information, encouragement, or a place to simply feel seen.

V = Virtual IP = In-person

Group Name & Description		V/IP	Date	Time	Facilitator
Blood Cancer Networking Group For those living with blood cancer — from recent diagnosis through 12 months post-treatment, and for individuals who identify with 'watch and wait' status. Connect, share experiences, and find community.		IP	2nd Wednesday <i>Dec 10, Jan 14, Feb 11</i>	10:30am-12:00pm	Kelsie
Breast Cancer Networking Group A & B For individuals living with breast cancer — from recent diagnosis through the first year after treatment. Connect with others and feel supported along the way.	A:	V	4th Monday <i>Dec 22, Jan 26, Feb 23</i>	7:00pm-8:00pm	Tamara
	B:	IP	Every other Tuesday <i>Dec 9, 23; Jan 6, 20; Feb 3, 17</i>	10:30am-12:00pm	Taylor
Early Onset – Young Adult Networking Group For young adults (18–40) living with cancer — from recent diagnosis through 24 months post-treatment. Connect with peers who understand the unique challenges of facing cancer at a younger age.		V	2nd & 4th Monday <i>Dec 8, 22; Jan 12, 26; Feb 9, 23</i>	7:00pm-8:00pm	Madison

To join a Counselling Group contact the Program Team at program@gildasclubSM.org or call (705) 726-5199 and ask to speak with someone from our Program Team.

INDIVIDUAL COUNSELLING



Gilda's Club Simcoe Muskoka offers short-term individual counselling for all our Members.

Individual counselling offers a private space to process your experience with cancer, explore how it has impacted other areas of your life and develop new ways of coping.

Sessions are available in-person, virtually or over-the-phone, depending on your preference.

Please contact the Program Team for more information: program@gildasclubSM.org.

COUNSELLING GROUPS

Art Therapy Processing Groups

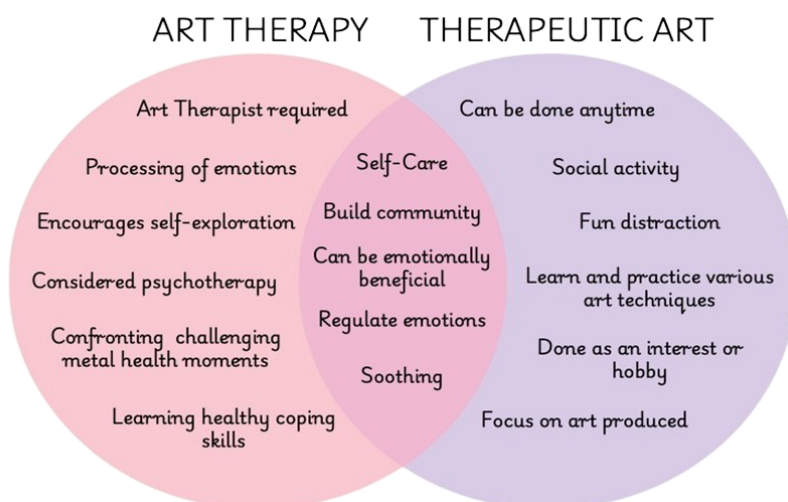
Art Therapy Groups use creativity as a gentle way to explore emotions, reduce stress, and build connection. Facilitated by an art therapy student, these groups invite you to express yourself in ways that words alone can't always capture. No art experience required — just come as you are.

V = Virtual IP = In-person

Group Name & Description	V/IP	Date	Time	Facilitator
<p>Creative Reflections: Art Therapy Open Group</p> <p>A single-session art therapy group focused on self-reflection and creative growth. Each session explores a different theme such as self-care, emotional regulation, inner strengths, identity, grief, and connection with nature.</p>	IP	<p>Every other Wednesday</p> <p><i>Dec 3, 17; Jan 7, 21; Feb 4, 18</i></p>	2:00pm-3:30pm	Trish & Jenna
<p>Layers of Grief: Art Therapy Closed Group</p> <p>A 7-week art therapy support group for individuals affected by cancer. Through creative expression and shared reflection, participants explore the layers of grief, loss, and healing while connecting with others who understand.</p>	IP	<p>Every Monday, 7-week series</p> <p><i>Jan 5 - Feb 23</i></p> <p>Registration deadline Dec 22nd</p> <p><i>*No group Feb 16*</i></p>	1:45pm-3:30pm	Trish & Jenna
<p>Identity After Diagnosis: Art Therapy Closed Group</p> <p>A 7-week art therapy series exploring the layers of how cancer can impact identity, relationships, and the future. Through creativity and reflection, participants are supported in processing their experiences in a safe, caring space.</p>	V	<p>Every Monday, 7-week series</p> <p><i>Jan 5 - Feb 23 *No group Feb 16*</i></p> <p>Registration deadline Dec 22nd</p>	6:00pm-7:30pm	Trish & Jenna

To join an Art Therapy Group contact the Trisha at tmacleod@gildasclubSM.org or call (705) 726-5199 and ask to speak with Trisha.

INDIVIDUAL ART THERAPY



Gilda's Club Simcoe Muskoka offers short-term Art Therapy for all our members.

Art making offers a nonverbal, imaginative means of expressing complex emotions and rebuilding self-understanding.

Sessions are available in person or virtually, depending on your preference.

Please contact the Program Team for more information: program@gildasclubSM.org.

EDUCATIONAL WORKSHOPS

Unmasking Art Workshop ****NEW****

In this creative project, you will design and decorate a physical mask that represents both your outer and inner self. Using a variety of materials such as paint, drawing tools, collage elements, written words, and decorations, you will transform a blank mask into a meaningful piece of self-expression. This project invites you to reflect on the difference between how you show up in the world and how you truly feel inside, using art as a powerful way to explore identity, emotion, and authenticity.

Every Thursday from January 8th– 29th from 2-3:30pm Registration required by Jan 5th **IN-PERSON**

Cancer Transitions: Moving Beyond Treatment® was developed in 2006 by the Cancer Support Community and LIVESTRONG to ease people's transition from active treatment to post-treatment "survivorship." Cancer Transitions is a 4-week, community-based program. The program covers the benefits of exercise, nutrition, emotional support, and medical management — core issues for cancer survivors. Participants meet each week to hear presentations, engage in group discussion, and directly address the emotional and social hurdles they face during the transition period following treatment. People who wish to better manage the short- and long-term impacts of cancer, especially within the first 24 months after treatment, will gain valuable skills through this program. ****NEW****

Session 1: What is Survivorship? Getting back to Wellness

Session 2: Emotional health and Wellbeing

Session 3: Nutrition and Exercise

Session 4: Health Management Beyond Cancer

Every Wednesday from February 4th– 25th from 2-3:30pm Registration required by Feb 4th **IN-PERSON**

Nutrition Workshop

Gilda's Club Simcoe Muskoka has partnered with the psychosocial oncology team's Dietitians to give a Health & Wellness Workshop. Dietitians provide tips on food and nutrition to help you manage your symptoms and feel your best before, during and after your cancer treatment. Dietitians will provide reliable information on nutrition related topics relevant to those diagnosed with cancer or those providing support to a loved one with cancer. This will be accompanied with a cooking demonstration to help you apply your learnings. This will be followed by a question and answer period to ensure nutrition related questions are answered. Participants can attend one or all program dates.

From 2-3:30pm IN-PERSON

December 2nd: Healthy Eating Through the Holidays – Making a healthy treat

January 6th: Mediterranean diet

February 3rd: Made with love – Breakfast food

Unpacking Grief Series

A series workshop exploring the many forms grief can take from a cancer diagnosis, to caregiving, or bereavement. Each session focuses on learning about a specific topic in depth, with room for reflection and discussion. Members are welcome to attend one, several, or all of the sessions whatever feels right for you. **From 2-4pm IN-PERSON**

December 18th : Anticipatory Grief

January 27th: Riding the Waves of Distress

February 10th: Survivor's Guilt

Feeling Bone Tired: Managing and Coping with Cancer-Related Fatigue

Cancer-related fatigue is one of the most common and distressing side-effects of cancer and cancer treatment. Usually it is described as a persistent sense of physical, emotional and cognitive tiredness unrelated to activity and doesn't go away with rest. Individuals with cancer fatigue may describe it as an overwhelming feeling of being "bone tired". It can occur early in cancer treatment and persist as a chronic symptom for days, months, and years after cancer treatment ends. You do not "just need to learn to live with it". **Each Mondays from January 5th– February 2nd from 2:00-3:30pm**

Registration required by Jan 5th **IN-PERSON**

Guest Speaker: Physiotherapist Anna Markell, PT, DPT, CLT ****NEW****

Join us for an informative session with a licensed physiotherapist to learn about the important role physiotherapy plays in managing lymphedema. This interactive talk will cover the causes and symptoms of lymphedema, practical strategies for prevention and management, and the benefits of physiotherapy in maintaining mobility, reducing swelling, and improving quality of life. Attendees will have the opportunity to ask questions and gain practical tips for everyday self-care. Whether you're living with lymphedema, supporting a loved one, or simply interested in learning more, this session offers valuable insights to empower your health and wellness journey.

February 26th from 2:30-3:30pm IN-PERSON

CREATIVE EXPRESSION

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 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 program on Dec 9th, Dec 30th, Jan 20th & Feb 17th****

Art Class with Kim IN-PERSON

No prior experience is necessary as the instructor will guide you to meet your potential.

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.

Thursday December 11th from 6-8pm

Winter Landscapes

Embrace the beauty of our snowy weather by creating a mixed media winter landscape. A variety of collage techniques will be shared.

Wednesday January 14th from 1-3pm

Be Mine

Have fun creating a valentine collage inspired by the work of French artist Henri Matisse.

Wednesday February 11th from 1-3pm

Gilda's Crafting Corner

Join us for an open crafting session where creativity knows no bounds! Whether you're a seasoned artist or a beginner, **Crafting Corner** is your chance to unwind and work on any project you're passionate about. From knitting and crocheting to painting, scrapbooking, jewelry-making, and more — bring whatever you're working on or get inspired by others' creations.

The 2nd Thursday of each Month from 1-4pm

IN-PERSON

Journalling

Join a Program Student and your fellow Members as we explore journalling as a group. This bi-weekly class will highlight the benefits of journalling and feature both public and private journalling prompts. Each class will require a pen and a notebook. **VIRTUAL**

Every other Wednesday from 2:30- 3:30pm



Card Making Class

Join us to create cards for all the special people in your life. We have all the materials needed to make some cards for any occasion. This is a great opportunity to connect with others at Gilda's Club and get creative in our Art Studio making something special.

February 5th from 1-4pm IN-PERSON

Heartfelt Fizz Class: Heart Bath Bombs

****NEW****

Join us for a fun and relaxing Valentine's Day Bath Bomb Workshop where creativity and self-care come together! In this hands-on event, Members will craft their own heart-shaped bath bombs— perfect for gifting to someone special or treating yourself to a little love and relaxation. Using soothing ingredients, essential oils, and festive colours, you'll learn how to mix, mold and decorate your bath bombs to make them truly one-of-a-kind. All materials provided. No experience needed— Just bring your creativity and Valentine's spirit!

Thursday February 12th from 3-4pm

IN-PERSON

Holiday Wreath Making Class with Forgather Floral Co. ****NEW****

Get into the festive spirit with our 1-hour Holiday Wreath Making Class! Whether you're a beginner or a craft enthusiast, this fun, hands-on workshop is the perfect way to kick-off the season. You'll learn how to design and assemble your own beautiful holiday wreath using fresh greenery, seasonal accents, and decorative elements like ribbons etc.

Wednesday December 3rd from 12-1pm

IN-PERSON

Art For Wellbeing

Art for Wellbeing looks to encourage and support you through creative expression. Artistic expression is the process of communicating one's thoughts, emotions, and ideas through various creative mediums. Convey your unique perspective of the world and your life experiences.

Dec 4th, Jan 12th, Feb 19th from 5-6pm

IN-PERSON

SOCIAL PROGRAMS

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!
Thursday Dec 11th, Jan 22nd, Feb 12th from 11am-12pm IN-PERSON

Men's Night: Open to all male-identifying Members who are impacted by a cancer diagnosis. Connect with other men who will understand and support you. Know you are not alone as you chat, laugh, and ask questions with other guys who understand!

Second Thursday of each month from 6-7:30pm VIRTUAL
Fourth Thursday of each month from 6-7:30pm IN-PERSON

Book Club: Want to join likeminded individuals who read and share their thoughts about the books presented each month? Then this book club is right for you! Make new friends and discover new books!
Third Thursday of each month from 12:30-2:30pm IN-PERSON

New Member Welcome Social: We want to welcome all the new Members each month by having a social for them to meet other new Members, and the rest of the Gilda's Club community. This is open to all Members and will be in the community room.

The last Thursday of each month from 1:30-2:30pm IN-PERSON **Dec 18th due to Holiday closure**

Open Member Meeting: All Members are welcome to this program. Meet with the Program Staff quarterly as we want your input and support in creating Member related programs.

Wednesday Feb 18th from 10-11am 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. **Wednesdays from 1-3pm IN-PERSON **No group on Dec 24th and Dec 31st****

Fireside Chats: Come join our Members for a weekly social in our Clubhouse community room. Grab some coffee or tea, and meet beside the fireplace. This is a great way to meet other Members and share stories. We love seeing our Clubhouse being used as a community hub so please join us fireside for some community connection.

Every Wednesday from 10am-12pm IN-PERSON **No group Dec 24th, 31st and Feb 18th**

Soup Social: As the colder weather nears, visit us at the Clubhouse for a combination warm soup and warm conversation.

Every other Tuesday from 11am-1pm IN-PERSON **No program Dec 30th**

Movie Night: Join us for a cozy indoor Movie Night, popcorn and refreshments will be provided. The chosen movie will be released the Monday prior to the program.

Thursday January 29th at 5:30pm IN-PERSON

Scrabble Afternoon *NEW*

Join us for a fun and challenging afternoon of wordplay at our **Scrabble Afternoon**

Tournament! This event is designed for word enthusiasts of all skill levels. Test your vocabulary, sharpen your strategy, and enjoy a friendly competition in a relaxed, social atmosphere.

January 28th from 12-2pm IN-PERSON

Queer Grief Social: Queer grief social is a supportive, affirming gathering for 2SLGBTQI+ individuals to connect, share, and find community while navigating loss and grief together.

Thursday January 22nd from 7-8pm IN-PERSON

Holiday Cookies and Coffee: Join us for some holiday cookies and coffee before friends, family and staff leave for the holidays.

December 24th from 9-11am IN-PERSON

Trivia: Come test your trivia skills! We will look at all genres including music, geography, history, Canadian History, movies, food and more.

February 3rd from 1-2pm IN-PERSON

Holiday Feast: 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.

Dec 10th from 5-7pm IN-PERSON

TED TALKS *NEW*: Join us at the Clubhouse to watch some of the best TED Talk presentations. Learn about the mind, body, world, and culture from leading experts in the field.

Monday December 15th 10-10:45am
































Tuesday January 20th 1-1:45pm

Tuesday February 10th 1-1:45pm

IN-PERSON

Hybrid Program 
Virtual Program 

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 10am Baking with Adrianna 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer 	2 10am Shinsei Wellness 10:30am Living with Cancer 11am Soup Social 12pm Sewing & Quilting 2pm Nutrition Workshop	3 10am Fireside Chat 10:30am Sound Bath 12pm Holiday Wreath Class 1pm Cards 1pm Facing Forward A  2:30pm Journalling  2pm Creative Reflections 7pm Yin Yoga 	4 10am Qigong A  11:30am Qigong B  11:30am Pilates  5pm Art for Wellbeing 6pm Grief & Loss  7pm Group Orientation 
8 11am Hatha Yoga A 12:30pm Hatha Yoga B 6pm Family & Friends  7pm Early Onset Support 	9 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Line Dancing	10 10am Fireside Chat 10:30am Blood Cancer Networking 1pm Cards 1pm Facing Forward B  3pm Group Orientation 5pm Holiday Feast	11 10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  1pm Crafting Corner 6pm Art with Kim 6pm Men's Night  6:30pm iRest
15 10am TED TALKS 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer 	16 10am Shinsei Wellness 10:30am Living with Cancer 11am Soup Social 12pm Sewing & Quilting	17 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections	18 10am Qigong A  11:30am Qigong B  11:30am Pilates  12:30pm Book Club 1:30pm New Member Welcome Social 2pm Unpacking Grief Workshop 1 6pm Grief & Loss  7pm Group Orientation 
22 11am Hatha Yoga A 12:30pm Hatha Yoga B 6pm Family & Friends  7pm Early Onset Support  7pm Breast Cancer Networking 	23 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Line Dancing 12pm Sewing & Quilting	24 9am Cookies & Coffee  Clubhouse Closed at Noon	25  <i>Happy holidays</i>
29 	30 	31 	

Saturday Group:

Caregivers Support Group: December 20th from 11am-12pm































Art Therapy Groups

Layers of Grief: Art Therapy Closed Group- Registration closes December 22nd
Identity after Diagnosis: Art Therapy Closed Group- Registration closes December 22nd
Creative Reflections: Art Therapy Open Group- Contact Trisha to register
Email: tmacleod@gildasclubsimcoemuskoka.org to register for Art Therapy Groups.



Hybrid Program 
Virtual Program 

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			 1
5 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm Layers of Grief A.T.C.G 2pm Cancer Fatigue Workshop 6pm Identity After Dx A.T.C.G 	6 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social 12pm Sewing & Quilting 2pm Nutrition Workshop	7 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections	8 10am Qigong A  11:30am Qigong B  11:30am Pilates  1pm Crafting Corner 2pm Unmasking Art 6pm Men's Night  6:30pm iRest
12 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm Layers of Grief A.T.C.G 2pm Cancer Fatigue Workshop 5pm Art For Wellbeing 6pm Identity After Dx A.T.C.G  6pm Family & Friends  7pm Early Onset Support 	13 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting	14 10am Fireside Chat 10:30am Blood Cancer Networking 1pm Art with Kim 1pm Cards 1pm Facing Forward B  3pm Group Orientation 7pm Yin Yoga 	15 10am Qigong A  11:30am Qigong B  11:30am Pilates  12:30pm Book Club 2pm Unmasking Art 6pm Grief & Loss  7pm Group Orientation 
19 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm Layers of Grief A.T.C.G 2pm Cancer Fatigue Workshop 6pm Identity After Dx A.T.C.G 	20 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social 1pm TED TALKS 3pm Living W/ Advanced Cancer In-Person Meeting	21 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1-4pm Massage Therapy 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	22 10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  2pm Unmasking Art 6pm Men's Night 6:30pm Sound Bath 7pm Queer Grief Social
26 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm Layers of Grief A.T.C.G 2pm Cancer Fatigue Workshop 6pm Identity After Dx A.T.C.G  6pm Family & Friends  7pm Early Onset Support  7pm Breast Cancer Networking Group A 	27 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 2pm Unpacking Grief Workshop 2	28 10am Fireside Chat 10:30am Newly Diagnosed 12pm Scrabble Afternoon 1pm Cards 1pm Facing Forward B  3pm Group Orientation	29 10am Qigong A  11:30am Qigong B  11:30am Pilates  1:30pm New Member Welcome Social 2pm Unmasking Art 5:30pm Movie Night

Saturday Group:

Caregivers Support Group: January 17th from 11am-12pm

Art Therapy Groups

Layers of Grief: Art Therapy Closed Group- Registration closes December 22nd





































Identity after Diagnosis: Art Therapy Closed Group- Registration closes December 22nd

Creative Reflections: Art Therapy Open Group- Contact Trisha to register

Email: tmacleod@gildasclubsimcoemuskoka.org to register for Art Therapy Groups.



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm Layers of Grief A.T.C.G 2pm Cancer Fatigue Workshop 6pm Identity After Dx A.T.C.G </p>	<p>3</p> <p>10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social 12pm Sewing & Quilting 1pm Trivia 2pm Nutrition Workshop</p>	<p>4</p> <p>10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Cancer Transitions 1 2pm Creative Reflections 2:30pm Journalling </p>	<p>5</p> <p>10am Qigong A  11:30am Qigong B  11:30am Pilates  1pm Card Making Class  6pm Grief & Loss  7pm Group Orientation </p>
<p>9</p> <p>11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm Layers of Grief A.T.C.G 6pm Identity After Dx A.T.C.G  6pm family & Friends  7pm Early Onset Support </p>	<p>10</p> <p>10am Shinsei Wellness 10:30am Living with Cancer 12pm Sewing & Quilting 1pm TED TALKS 2pm Unpacking Grief Workshop 3</p>	<p>11</p> <p>10am Fireside Chat 10:30am Blood Cancer Networking 1pm Cards 1pm Art with Kim 1pm Facing Forward B  2pm Cancer Transitions 2 3pm Group Orientation 7pm Yin Yoga </p>	<p>12</p> <p>10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  1pm Gilda's Crafting Corner 2pm Cancer Fatigue Workshop 3pm Heartfelt Fizz Class 6pm Men's Night </p>
<p>16</p> <p></p>	<p>17</p> <p>10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social</p>	<p>18</p> <p>10am Open Member Meeting 10:30am Sound Bath 1pm Cards 1-4pm Massage Therapy 1pm Facing Forward A  2pm Cancer Transitions 3 2pm Creative Reflections 2:30pm Journalling </p>	<p>19</p> <p>10am Qigong A  11:30am Qigong B  11:30am Pilates  12:30pm Book Club 5pm Art for Wellbeing 6pm Grief & Loss  6:30pm Sound Bath 7pm Group Orientation </p>
<p>23</p> <p>11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm Layers of Grief A.T.C.G 6pm Family & Friends  6pm Identity After Dx A.T.C.G  7pm Early Onset Support  7pm Breast Cancer Networking A </p>	<p>24</p> <p>10am Shinsei Wellness 10:30am Living with Cancer 12pm Sewing & Quilting</p>	<p>25</p> <p>10am Fireside Chat 10:30am Newly Diagnosed 1pm Cards 1pm Facing Forward B  2pm Cancer Transitions 4 3pm Group Orientation</p>	<p>26</p> <p>10am Qigong A  11:30am Qigong B  11:30am Pilates  1:30pm New Member Welcome Social 2:30pm Guest Speaker: Physiotherapist 6pm Men's Night 6:30pm iRest</p>

Saturday Group:

Caregivers Support Group: February 21st from 11am-12pm

Art Therapy Groups

Layers of Grief: Art Therapy Closed Group- Registration closes December 22nd
 Identity after Diagnosis: Art Therapy Closed Group- Registration closes December 22nd
 Creative Reflections: Art Therapy Open Group- Contact Trisha to register
 Email: tmacleod@gildasclubsimcoemuskoka.org to register for Art Therapy Groups.

