



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Calendar

April, May & June 2024

**Free Cancer Support for
anyone affected by cancer!**

hello
spring!



New and upcoming this Spring at Gilda's Club Simcoe Muskoka!

MAD ART Program from illustrators for MAD Magazine & the Theatre Within Group!

DBT Education Series

Resilience Education Series

Mining your Memory with the Theatre Within Group

Energy Balancing Sound Baths

Mother's Day High Tea

Father's Day Pizza & Wings

Summer Outdoor Get Together

BINGO

Line Dancing

Jewellery Making and More!!

Please share any program ideas you have with Program Staff to help ensure everything we do at Gilda's Club is person centered!

We are here to ensure that **No One Faces Cancer Alone!** We offer **free**, professional-level social and emotional services as a complement to medical health care. Our evidence-based Cancer Support Program is shown to reduce cancer-related isolation and difficult emotions; and increase overall wellness for children, youth, & adults who are impacted by cancer.



Gilda's Club Simcoe Muskoka

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

MEMBER INFORMATION!

To become a member at Gilda's Club Simcoe Muskoka you must register for a group orientation. Our orientation session 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 cancellations. 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

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 April, May & June 2024

Monday through Fridays 9:00am to 4:00pm

We will be closed the following days in this upcoming calendar: April 1, & May 20th.

Follow us on Social Media on:

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



HEALTHY LIFESTYLE MOVEMENT CLASSES

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 from 11am-12pm 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

Qigong Yoga (2 Sessions)

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: Session A 10 - 11am HYBRID

Session B 11:30am - 12:30 pm HYBRID

****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!

April 8 & 22; May 6 & 27; June 10 & 24 From 9:30—10:30am IN-PERSON

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 **NEW******

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.

Every other Wednesday from 10:30-11:30am IN-PERSON No Class on May 8, 2024!

Massage Therapy with CTS College Students **NEW******

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.

Varying 30 minute time slots on April 18; May 22; June 26 from 12-4pm IN-PERSON

Line Dancing **NEW******

Amie Andison 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!

May 17 & 24; from 2-3pm & June 3 & 17 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! *******



THE COMMUNITY
FOUNDATION
OF ORILLIA AND AREA

Gilda's Club Simcoe Muskoka would like to Thank the Community Foundation of Orillia and Area for their support!

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 1-2:30pm (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.

EVERY FIRST AND FOURTH THURSDAY

5:30 - 6:30pm Group A April 4 & 25; May 2 & 23; June 6 & 27 VIRTUAL

EVERY OTHER THURSDAY

12:30—2PM GROUP B APRIL 4 & 18; MAY 2, 16 & 30; JUNE 13 & 27 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 Thursday from 2:30—4:00pm 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 of the month from 6:30-7:30pm IN-PERSON

NETWORKING GROUPS

Blood Cancer Networking

The first Wednesday of each month

from 12 -1pm

April 3; May 1; June 5 HYBRID

Breast Cancer Networking (2 Groups)

Group A

The last Monday of each month

from 7 - 8:30pm

April 29; May 27; June 24 VIRTUAL

Group B

Every Other Friday

starting April 12 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!

Tuesday's from 12 - 3pm IN-PERSON

MAD ART *NEW

This fun workshop offers instruction in the art of caricature from one of the top humor illustrators in the business. Come create with Sam Vivano, Art Director for MAD Magazine and explore your artistic capabilities. This is open to all ages.

May 9 from 6 to 7:30pm HYBRID

Jewellery Making **NEW**

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! **April 12 from 2-3:30pm IN-PERSON**

Mining Your Memory **NEW**

The Theatre Within Group from New York City presents this workshop which empowers participants to write about their lives by channeling memories into stories. From humorous to tragic, memoirs and personal essays reveal the heart and soul of the writer. In this workshop we focus on the fundamentals of good storytelling — voice, plot, characters and structure —with the intention of expressing ourselves with clarity and power.

5 Sessions from April 17 to May 15 11am—12pm HYBRID

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 April 22; May6; June17 from 12-1pm IN-PERSON**

Expressive Arts **NEW**

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!

Starting May 30 every Thursday from 10am-12pm IN-PERSON

Get your creative juices flowing, or learn a new arts-based skill! No experience is necessary and all materials are provided!

Gilda's Club Simcoe Muskoka would like to Thank
Barrie North Market for their support!





CREATIVE EXPRESSION CLASSES CONTINUED

Art Classes with Kim

"What Can You Do with a Shoe?"

Learn about pop artist Andy Warhol who started his career in fashion advertising. Participants will be guided through simple sketching techniques and then we will get funky by experimenting *with a variety of line designs and vibrant colour.*

April 16, 2024 from 1 - 3pm IN-PERSON

"Into the Woods"

Emily Carr took her inspiration from the British Columbian landscape and First Nations villages. This workshop provides an opportunity to create a landscape in Carr's style using oil pastels and ink.

May 14, 2024, from 1-3pm IN-PERSON

"UNDER THE SEA"

Let's head to the beach and explore the wonders of the sea. We will be creating mixed media sea creatures with a focus on contrasting warm and cool colours.

June 18, 2024 from 6-8pm IN-PERSON

CHILDREN, YOUTH & FAMILIES PROGRAMS

April 8—Teen Spa Evening at Georgian College 6-7pm

April 11—Spring Craft Night from 5:30-6:30pm

Saturday April 13 with Madison and Jocelyn:

- Kids Cope from 10:30am -12pm
- Supporting children & youth impacted by Cancer from 12:30-2pm
- Family Connect from 12-4pm

April 22- CYF Member Meeting from 6-7pm

April 26—PA Day Escape Room (time not yet determined)! Teens Only!

May 9—Mother's Day Craft from 5:30-7pm

May 13—Kids Yoga from 4-5pm

May 17—Bring a friend to a movie night from 5:30-7pm

May 23—Jewellery Making from 5:30-6:30pm

May 30—Family Scrapbooking from 5:30-7pm

June 7—Cake Boss from 2:30-4pm

June 10- Creative Minds from 5-6pm

June 13- Boardgame Night & Father's Day Craft from 5:30-7pm

June 27—Family Connect from 5-6:30pm



EDUCATIONAL WORKSHOPS

Cancer Thriving and Surviving **NEW**

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.

Every Tuesday May 7 to June 11 from 1 –3:30pm IN-PERSON

Cognitive Behavioural Therapy for Depression with Ontario Structured Psychotherapy

Group Cognitive Behavioural 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.

Wednesdays from 10am - 12pm IN-PERSON



Introduction to Dialectical Behavioural Therapy **NEW**

In DBT we focus on teaching people skills to manage intense emotions, cope with challenging situations, and improve their relationships. DBT encourages people to learn and use mindfulness training in practical ways. The topics discussed in DBT are mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation. If you want to learn how to navigate emotionally charged situations with more ease, then DBT may be a helpful option for you.

Starting Monday April 22 to May 27 for 5 weeks from 2:30-3:30pm IN-PERSON

Resilience Education **NEW**

This 6-week 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 Friday May 24 to June 28 for 6 weeks from 2:30-3:30pm IN-PERSON

*****ALL Education Classes must be booked through the Program Team as they are a series of classes!*****

SOCIAL CONNECTIONS

Summer Outdoor Get Together **NEW**

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! **Tuesday June 25 from 12-2pm IN-PERSON**

BINGO! **NEW**

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!

April 23; from 1-3pm ; May 29 from 10am-12pm and June 20 from 12-2pm IN-PERSON

SOCIAL CONNECTIONS CONTINUED

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

Father's Day Pizza & Wings **NEW****** We will be honouring our men with a Father's Day Pizza and Wings night for a Father's Day get together. If you are a Father or a Grandfather then this is especially for you!

June 27 from 6-7:30pm IN-PERSON

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 and Fourth Thursday of each month from 1-3pm IN-PERSON

Mother's Day High Tea **NEW****** We will be honouring our ladies with a Mother's Day High Tea for a Mother's Day get together. If you are a Mother or a Grandmother then this is especially for you!

May 9 from 1-3pm IN-PERSON

Cards (2 Days)

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 Monday & Wednesday from 1 - 3pm IN-PERSON

Soup Social (April only!)

This social activity is a very popular group at Gilda's so don't forget to register so you can ensure a spot!

Every other Tuesday 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!

Every Third Friday of the month from 12:30 to 1:30pm IN-PERSON

Making Mocktails

Mocktails are on the rise, and they've got plenty of benefits. Whether it's a desire for less alcohol consumption, experimenting with flavours or making gatherings with loved ones more inclusive, learning about mocktails is a skill worth having.

Monday June 3 from 12-2pm IN-PERSON

Cooking Class

This Cooking class at Gilda's is back by request. Come make a new recipe with Mirella in our kitchen!.

APRIL 2; MAY 7; JUNE 4 from 11am—1pm IN-PERSON



April

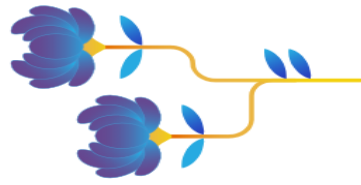
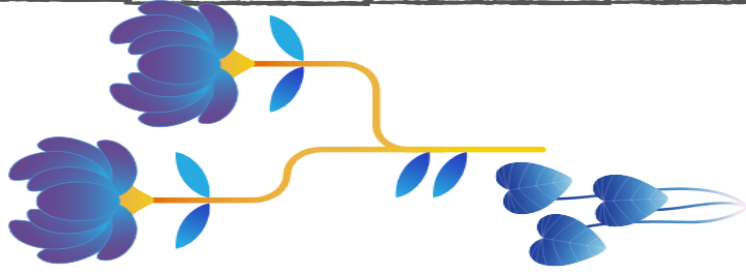


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>use the CLOSED</p> <p>HAPPY EASTER</p>	<p>2</p> <p>10am Shinsei Wellness</p> <p>11am Cooking with Mirella</p> <p>12pm Sewing and Quilting</p>	<p>3</p> <p>12 pm Blood Cancer Networking</p> <p>1pm Facing Forward</p> <p>1pm Cards</p> <p>2pm Group Orientation</p>	<p>4</p> <p>11:30am Pilates</p> <p>12:30pm Family & Friends Support B</p> <p>5:30pm Family & Friends Support A</p>	<p>5</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p>
<p>8</p> <p>9:30am Walking Group</p> <p>11am Hatha Yoga</p> <p>1pm Cards</p> <p>6:30pm Grief & Loss Support Group</p>	<p>9</p> <p>10am Shinsei Wellness</p> <p>11am Soup Social</p> <p>12pm Sewing and Quilting</p>	<p>10</p> <p>1030am Energy Balancing Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward (Alumni Group)</p> <p>2pm Group Orientation</p>	<p>11</p> <p>11:30am Pilates</p> <p>1pm Women Connect</p> <p>2:00pm Cancer Diagnosis Support Group</p>	<p>12</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>1pm Breast Cancer Networking B</p> <p>2 pm Jewelry Making</p>
<p>15</p> <p>11am Hatha Yoga</p> <p>1pm Living with Advanced Cancer</p> <p>1pm Cards</p>	<p>16</p> <p>10am Shinsei Wellness</p> <p>1pm What can you do with a Shoe?</p>	<p>17</p> <p>10am CBT</p> <p>11am Mining your Memory</p> <p>1pm Cards</p> <p>1pm Facing Forward</p> <p>2pm Group Orientation</p>	<p>18</p> <p>11:30am Pilates</p> <p>12:15pm to 4pm Massage</p> <p>12:30pm Family & Friends Support B</p>	<p>19</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>12:30pm Book Club</p>
<p>22</p> <p>930am Walking Group</p> <p>11am Hatha Yoga</p> <p>12pm Brain Fitness</p> <p>1pm Cards</p> <p>2:30pm DBT</p>	<p>23</p> <p>10am Shinsei Wellness</p> <p>11am Soup Social</p> <p>12pm Sewing and Quilting</p> <p>1pm BINGO!</p>	<p>24</p> <p>10am CBT</p> <p>1030am Energy Balancing Sound Bath</p> <p>11am Mining your Memory</p> <p>1pm Cards</p> <p>2pm Group Orientation</p>	<p>25</p> <p>11:30am Pilates</p> <p>1pm Women Connect</p> <p>2:00pm Cancer Diagnosis Support Group</p> <p>5:30pm Family & Friends Support A</p> <p>6pm Men Connect</p>	<p>26</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>1pm Breast Cancer Networking B</p>
<p>29</p> <p>11am Hatha Yoga</p> <p>1pm Cards</p> <p>1pm Living with Advanced Cancer</p> <p>2:30pm DBT</p> <p>7pm - Breast Cancer Networking Group A</p>	<p>30</p> <p>10am Shinsei Wellness</p> <p>12pm Sewing and Quilting</p>	<p>Child Youth & Family programs in April</p> <p>April 11 - Spring Craft Night</p> <p>April 13th- Family Connect, Kids Cope and Supporting Children & Youth impacted by Cancer</p> <p>April 22nd -CYF Member Meeting</p> <p>April 26th - P.A. Day Escape Room</p>		

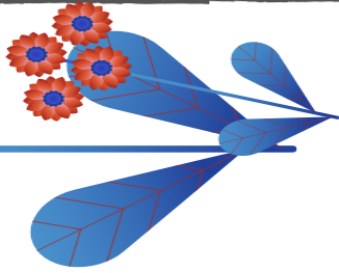
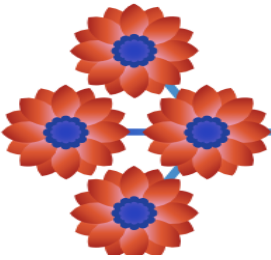


May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CYF programs in <u>May</u>. May 9 - Mother's Day Craft May 13th- Kids Yoga May 17 - Bring a friend to a movie May 23 - Jewelry Making May 30th - Family Scrapbooking</p>	<p>10am Shinsei Wellness 11am Cooking with Mirella 12pm Sewing and Quilting 1pm Cancer Thriving and Surviving</p>	<p>10am CBT 11am Mining your Memory 12pm Blood Cancer Networking 1pm Facing Forward 1pm Cards 2pm Group Orientation</p>	<p>11:30am Pilates 12:15pm to 4pm Massage 12:30pm Family & Friends Support B 5:30pm Family & Friends Support A</p>	<p>10am Qigong A 11:30am Qigong B</p>
<p>930am Walking Group 11am Hatha Yoga 12pm Brain Fitness 1pm Cards 2:30pm DBT</p>	<p>10am Shinsei Wellness 11am Cooking with Mirella 12pm Sewing and Quilting 1pm Cancer Thriving and Surviving</p>	<p>10am CBT 11am Mining your Memory 1pm Cards 1pm Facing Forward (Alumni Group) 2pm Group Orientation</p>	<p>11:30am Pilates 2pm Cancer Diagnosis Support Group 1pm Women Connect 1pm Mother's Day High Tea 6pm MAD ART</p>	<p>10am Qigong A 11:30am Qigong B 1pm Breast Cancer Networking B</p>
<p>11am Hatha Yoga 1pm Living with Advanced Cancer 1pm Cards 2:30pm DBT 6:30pm Grief & Loss Support Group</p>	<p>10am Shinsei Wellness 1pm Into the Woods 1pm Cancer Thriving and Surviving</p>	<p>10am CBT 11am Mining your Memory 1pm Facing Forward 1pm Cards 2pm Group Orientation</p>	<p>11:30am Pilates 12:30pm Family & Friends Support B</p>	<p>10am Qigong A 11:30am Qigong B 12:30pm Book Club 2pm Line Dancing</p>
<p>Sorry we're CLOSED</p>	<p>10am Shinsei Wellness 12pm Sewing and Quilting 1pm Cancer Thriving and Surviving</p>	<p>10am CBT 1030am Energy Balancing Sound Bath 12pm to 4pm Massage 1pm Cards 2pm Group Orientation</p>	<p>11:30am Pilates 1pm Women Connect 2pm Cancer Diagnosis Support Group 5:30pm Family & Friends Support A 6pm Men Connect</p>	<p>10am Qigong A 11:30am Qigong B 1pm Breast Cancer Networking B 2pm Line Dancing 2:30pm Resilience</p>
<p>930am Walking Group 11am Hatha Yoga 1pm Living with Advanced Cancer 1pm Cards 230pm DBT 7pm - Breast Cancer Networking Group A</p>	<p>10am Shinsei Wellness 12pm Sewing and Quilting 1pm Cancer Thriving and Surviving</p>	<p>10am CBT 10am - 12pm BINGO! 1pm Cards 2pm Group Orientation</p>	<p>10am Expressive Arts 11:30am Pilates 12:30pm Family & Friends Support B</p>	<p>10am Qigong A 11:30am Qigong B 2:30pm Resilience</p>



June



Monday Tuesday Wednesday Thursday Friday

<p>3</p> <p>10am Line Dancing 11am Hatha Yoga 12pm Making Mocktails 1pm Cards</p>	<p>4</p> <p>10am Shinsei Wellness 12pm Sewing and Quilting 11am Cooking with Mirella 1pm Cancer Thriving and Surviving</p>	<p>5</p> <p>10am CBT 1030am Energy Balancing Sound Bath 12pm Blood Cancer Networking 1pm Facing Forward 1pm Cards 2pm Group Orientation</p>	<p>6</p> <p>10am Expressive Arts 11:30am Pilates 2:00pm Cancer Diagnosis Support Group 5:30pm Family & Friends Support A</p>	<p>7</p> <p>10am Qigong A 11:30am Qigong B 1pm Breast Cancer Networking B 2:30pm Resilience</p>
<p>10</p> <p>930am Walking Group 11am Hatha Yoga 1pm Living with Advanced Cancer 1pm Cards 6:30pm Grief & Loss Support Group</p>	<p>11</p> <p>10am Shinsei Wellness 12pm Sewing and Quilting 1pm Cancer Thriving and Surviving</p>	<p>12</p> <p>10am CBT 1pm Cards 1pm Facing Forward (Alumni Group) 2pm Group Orientation</p>	<p>13</p> <p>10am Expressive Arts 11:30am Pilates 12:30pm Family & Friends Support B 1pm Women Connect</p>	<p>14</p> <p>10am Qigong A 11:30am Qigong B 2:30pm Resilience</p>
<p>17</p> <p>10am Line Dancing 11am Hatha Yoga 12pm Brain Fitness 1pm Cards</p>	<p>18</p> <p>10am Shinsei Wellness 12pm Sewing and Quilting 6pm Under the Sea</p>	<p>19</p> <p>10am CBT 1030am Energy Balancing Sound Bath 1pm Facing Forward 1pm Cards 2pm Group Orientation</p>	<p>20</p> <p>10am Expressive Arts 11:30am Pilates 12pm BINGO! 2:00pm Cancer Diagnosis Support Group</p>	<p>21</p> <p>10am Qigong A 11:30am Qigong B 12:30pm Book Club 1pm Breast Cancer Networking B 2:30pm Resilience</p>
<p>24</p> <p>930am Walking Group 11am Hatha Yoga 1pm Cards 1pm Living with Advanced Cancer 7pm - Breast Cancer Networking Group A</p>	<p>25</p> <p>10am Shinsei Wellness 12pm Spring Outdoor Get Together 12pm Sewing and Quilting</p>	<p>26</p> <p>10am CBT 12pm to 4pm Massage 1pm Cards 2pm Group Orientation</p>	<p>27</p> <p>10am Expressive Arts 11:30am Pilates 12:30pm Family & Friends Support B 1pm Women Connect 5:30pm Family & Friends Support A 6pm Men Connect 6pm Father's day Pizza & Wings</p>	<p>28</p> <p>10am Qigong A 11:30am Qigong B 2:30pm Resilience</p>

[CYF programs in June](#)

- June 7 - Cake Boss
- June 10 - Creative Minds
- June 13 - Board Game Night/Fathers Day Craft
- June 27- Family Connect

*****Kids Summer Camps for July & August Call program Staff to Register*****



An Affiliate of the
CANCER SUPPORT COMMUNITY

Did you know?

Gilda's Club Simcoe Muskoka is the only existing Club House providing In-Person programming in all of Canada!

We service all of Ontario and with our virtual and hybrid programs we have been able to support people locally and across the province receive the support they need.

Locally we currently have 502 members that use our services! Come see us at 10 Quarry ridge Rd Barrie, Ontario to learn about our programs and supports!



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.