



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



PROGRAM CALENDAR

June, July, &
August 2025

Free Cancer support for anyone impacted by Cancer!

We are here to ensure that everyone impacted by Cancer receives the support they want and need throughout their experience. We offer **FREE**, professional-level social and emotional services as a complement to the medical health care. Our evidence-based Cancer Support Program is shown to ease cancer related isolation, difficult emotions; and increase overall wellness for children, youth & adults who are impacted by cancer.



Get in Touch!



705-726-5199



www.gildasclubsimcoemuskoka.org



10 Quarry Ridge Rd.,
Barrie, ON, L4M7G1

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 questionnaire 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 June, July & August 2025

Monday through Thursday 9:00am to 4:00pm & Fridays 9am-12pm

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

June 2nd, June 16th-20th, June 30th, July 1st, & August 4th



Follow us on Social Media on:

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 RSW, MSW

Clinical Director



Taylor Smith RSW, MSW

Program Facilitator



Kelsie Kinsella MACP, RP
(Qualifying)

Program Facilitator

Placement Students: Christine Walker & Amber Ashton

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 11:00am-12:00pm 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 Tuesday from 3-3:45pm Starting July 8th VIRTUAL **No Classes in June & July 1s**

Walking Group

Join us in our walking group. This group is weather dependant and will be cancelled when raining as all walking will be done outside. Please wear proper footwear. We also recommend a water bottle, hat, and sun protection. Meet in the lobby of the Clubhouse.

Every Thursday from 9:00-10:00am IN-PERSON **No Program August 7th**

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. ***No Classes from June 6th-July 11th***

Every Friday: Session A from 10:00-11:00am Session B from 11:30am-12:30pm HYBRID

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 10:00-11:00am IN-PERSON *No Program June 17th & July 1st **

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 June 4th, July 2nd, August 20th from 10:30-11:30am IN-PERSON

Thursday June 26th, July 24th, August 28th 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 July 17th & August 21st 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. **July 22nd & August 19th 1:00-4:00pm 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.

Monday June 9th, July 14th, & August 11th from 2:00-3:00pm IN-PERSON

Support Groups



Support and Networking Groups provide the opportunity for individuals who have been impacted by cancer to share their stories and connect with others who have a shared lived experience. All of our Support and Networking Groups are facilitated by registered mental health professionals. To join a Support or Networking Group contact the Program Team at program@gildasclubSM.org or call (705) 726-5199 and ask to speak with someone from our Program Team.

V = Virtual

IP = In-Person

Support Group Name	Facilitator	Format	Date	Time	Facilitator
Blood Cancer Networking Group	An in-person support group for individuals living with blood cancer. For persons who are newly diagnosed and up to 12 months post-treatment.	IP	2nd Wednesday June: 11th July: 9th August: 13th	10:30am-12:00pm	Kelsie
Breast Cancer Networking A	An support group for individuals living with breast cancer. For persons who are newly diagnosed and up to 12 months post-treatment. Group A is offered virtually and Group B is offered in-person.	V	Last Monday (2nd last in June) June: 23rd July: 28th August: 25th	7:00-8:00pm	Tamara
Breast Cancer Networking B		IP	Every other Tuesday June: 10th, 24th July: 8th, 22nd August: 5th, 19th	10:30am-12:00pm	Taylor
Caregivers Support Group	An in-person support group for persons who are acting as a primary caregiver for a person in their life who is living with a cancer diagnosis.	IP	One Saturday June: 21st July: 19th August: 16th	11:00am-12:00pm	Tamara
Facing Forward Support Group A	A virtual support group for individuals who have finished their cancer treatment. For persons who have recently finished cancer treatment and up to 5-years post treatment.	V	1st and 3rd Wednesday June: 4th, 18th July: 2nd, 16th August: 6th, 20th	1:00-2:30pm	Taylor & Shannon
Facing Forward Support Group B		V	2nd and 4th Wednesday June: 11th, 25th July: 9th, 23rd August: 13th, 27th	1:00-2:30pm	Christine & Kelsie

Support Groups



V = Virtual

IP = In-Person

Support Group Name	Facilitator	Format	Date	Time	Facilitator
<i>Family & Friends Support Group A</i>	A support group for persons who have a person in their life with a cancer diagnosis. For persons who's loved one has been recently diagnosed and up to 12 months post-treatment. Group A is offered virtually and Group B is offered in-person.	V	2nd and 4th Monday June: 9th, 23rd July: 14th, 28th August: 11th, 25th	6:00-7:00pm	Madison
<i>Family & Friends Support Group B</i>		IP	1st Thursday June: 5th July: 3rd August: 7th	2:00-3:30pm	Kelsie
<i>Gilda's Club Community Support Group</i>	An in-person support group for anyone impacted by cancer. This group is open to individuals who have a cancer diagnosis, support people, survivors and bereaved.	IP	1st Thursday June: 5th July: 3rd	10:30am-11:30pm	Madison
<i>Living with Advanced Cancer Support Group</i>	A virtual support group for individuals living with stage 4 cancer diagnosis. For individuals who are recently diagnosed to 18 months out of treatment.	V / IP	Every other Monday, with 1 in-person (IP) meeting June: 9th, 23rd July: 7th, 21st August: 6th (IP), 18th	V 1:30-2:30pm IP 3:00-4:00pm	Taylor
<i>Living with Cancer Support Group A</i>	An in-person support group for individuals living with a current cancer diagnosis. For individuals who are recently diagnosed and up to 6 months post-treatment.	IP	Every other Tuesday June: 3rd, July: 15th, 29th August: 12th, 26th	10:30am-12:00pm	Kelsie
<i>Living with Cancer Support Group B</i>		IP	One Thursday June: 26th July: 17th August: 21st	6:00-7:00pm	Carling

Educational Workshops



Guest Speaker: Ann Green! ****NEW****

Bliss Embodies Therapy introduces alternative healing therapies:

IV micronutrient therapy plays a vital role in post-cancer care by enhancing recovery through the direct administration of essential vitamins and minerals. Research shows that this therapy can improve immune function, reduce fatigue, and elevate overall well-being, leading to a heightened sense of vitality and quality of life for cancer survivors. In addition to IV therapy, integrating mindful practices such as heart math, meditation, various forms of yoga (Yin, Restorative, Nidra, Neuro-Osteo Facilitated Movement, Fascia + Pliability, Somatic Therapeutic Exercise), and Pranayama (deep-breathing exercises) can further support emotional well-being and reduce stress. This holistic approach to healing empowers patients to take proactive steps towards enhancing both their physical and emotional health in their post-cancer journey.

June 10th from 12pm-1:30pm IN-PERSON

Guest Speaker: Elizabeth Matos, End-of-life Doula ****NEW****

You are probably aware of Birthing Doulas, but did you know that End of Life Doulas exist? Join Elizabeth Matos, a Thanatologist, EOL Doula and Death Educator for an informative presentation on how EOL Doulas can enhance your experience in life and in death. Elizabeth will take you on a journey alongside her as she shares her experiences that have led her on this career path/calling. She will explore the need for a comprehensive EOL plan and what is available to you in order for you to complete one. As a Death Educator, Elizabeth has created a 3-part course called *Your Final Journey and You*, and with this course in the span of a year has helped over 200 participants to create their comprehensive plans.

June 25th from 1pm-2:30pm IN-PERSON

The First Steps: Coping with a New or Suspected Diagnosis ****NEW****

Practical tools and tips for individuals and their loved ones who are navigating the anxiety and uncertainty of being newly diagnosed with cancer or awaiting an official diagnosis. Gain valuable insights into what to expect during initial appointments, tips for navigating the healthcare system, and ways to advocate for yourself or your loved ones as you move forward. Whether you're waiting for answers or preparing for next steps, this workshop is here to help you feel informed, supported, and empowered.

Thursday, July 31st from 3-4:30pm & Monday August 25th from 10-11:30am.

IN-PERSON

Self-Care Workshop ****NEW****

Join us for a three-week workshop on self-care. Week one will discuss what self-care looks like for each individual and when you need to implement it. Week two will look at the stigmas behind self-care and how avoiding it can lead to burnout. The third and final week will wrap things up and discuss building a self-care toolbox. While it would be great if all three sessions were attended, you are welcome to come for any that you choose.

Tuesday July 15th, 22nd, 29th from 2-3:30pm IN-PERSON

Cognitive Flexibility Workshop ****NEW****

This 90-minute cognitive flexibility workshop is designed to enhance participants' ability to adapt their thinking and behaviour in response to new or unexpected situations. Through a mix of interactive exercises, guided discussions, and real-life scenarios, attendees will learn strategies to shift perspectives, embrace ambiguity, and overcome rigid thought patterns. The session begins with a brief overview of the science behind cognitive flexibility and its role in problem-solving, creativity, and resilience. Participants will then engage in hands-on activities that challenge habitual thinking and encourage mental agility. By the end of the workshop, individuals will walk away with practical tools to apply flexible thinking in both personal and professional contexts.

Tuesday August 12th from 2-3:30pm IN-PERSON



Special thank you to the Blue Mountain Village Foundation for supporting our On-Demand Program! Check out our virtual Clubhouse via your Member portal and clicking On-Demand.

Educational Workshops



"Ink & Insights" 6-Week Series **NEW**

A 6-series workshop exploring the many untold stories of Gilda's Club Members. Each session focuses on life events and reflecting on how they impact each Member throughout time and look into future opportunities. Sessions will have specific topics that explore Member's past, present, and future selves, with time and space provided for writing each part of your own life story. Through guided prompts, brainstorming, and reflection, this series aims to empower members through reflection and storytelling with gratitude for resilience throughout various journeys.

Members are encouraged to attend all 6 sessions to create a full life story.

Tues June 10 from 2:00-3:30pm

Tues June 24 from 2:00-3:30pm

Mon July 7 from 2:00-3:30pm

Mon July 21 from 2:00-3:30pm

Mon Aug 11 from 2:00-3:30pm

Tues Aug 26 from 2:00-3:30pm

IN-PERSON

Unpacking Grief Series **NEW**

A workshop series exploring the many forms grief can take. 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, whichever topic feels right for you or is of interest to you.

June: Survivor's Guilt- *Why them and not me?* Survivor's guilt is a common (and often confusing) experience for those who outlive a loved one, complete treatment when others cannot, or continue forward while others face decline. This workshop explores the many forms survivor's guilt can take, especially in the context of cancer, and how it can show up alongside grief, relief, anger, or numbness.

Monday, June 23rd from 10-11:30am IN-PERSON

July: How do Kids & Teens Grieve- This workshop explores how young people process grief at different developmental stages, how their reactions may look different from adult expressions of grief, and how we can support them with compassion, clarity, and connection. Walk away with actionable tips on supporting the youth in your life, as well as a new understanding of grief.

Tuesday, July 15th from 9-10:30am IN-PERSON

August: Anticipatory Grief- We often begin grieving long before a death or other event occurs mourning changes in health, roles, connection, and the future we imagined. This is called *anticipatory grief*, and it can be just as heavy and complex as grief after loss. In this workshop, we'll explore what anticipatory grief looks like, feels like, and how to care for ourselves and others through it.

Wednesday, August 27th from 2-3:30pm IN-PERSON

Nutrition Workshop

Gilda's Club Simcoe Muskoka has partnered with the psychosocial oncology team's nutritionist 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 questions and answer period to ensure nutrition related questions are answered.

June: Fibre Intake & our Bowels with a food demo on breakfast parfait bowls.

July: Survivorship with a food demo about Salads on-the-go.

August: High Protein Energy Snacks with a food demo on energy balls

Your presenters will be a Hudson Regional Cancer Centre Registered Dietitian: Kim Witmer, Haley Jenkins or Megan McConney.

Tuesday June 3rd, July 8th & August 5th from 2:00-3:30pm IN-PERSON

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 12:00-3:00pm IN-PERSON

****No class on June 17th & July 1st ****

Art for Wellbeing with Dylan

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.

June 4th & 5th- 2 Part Class from 12-1pm

Thursday July 17th & August 28th from 7-8pm

IN-PERSON

Art Class with Kim

Oh Canada!

Celebrate our country's upcoming birthday with a look at our diverse landscapes from sea to sea. Participants will have an opportunity to create several mono prints using various art tools and the choice of two different techniques.

Thursday June 12th from 6:00-8:00pm

IN-PERSON

Baking with Amber ****NEW****

Our summer baking with Amber, Program features three deliciously fun classes: cookies, cupcakes, and fruit tarts. Please join Amber in the kitchen to bake some delicious treats!

June 26th: Cookie

July 24th: Cupcakes

August 7th: Scones and Seasonal Fresh Fruit

11am-12:30pm IN-PERSON

Eyebrow Bar ****NEW****

Learn the art of perfect brows in our hands-on eyebrow makeup class, designed for all skill levels. You'll discover shaping techniques, product selection, and application methods to enhance your natural beauty. Walk away with the confidence and skills to create flawless brows every time!

June 25th from 11-12:30am IN-PERSON

Paint Throwing ****NEW****

Dive into emotion and drip, splatter, and throw paint (yes, really!) in this 90 minute workshop blending art with cathartic release. Things will definitely get messy so make sure you wear clothing and shoes you are comfortable getting paint on (washable paint will be used)

Wednesday, June 11th from 11:30am-1pm

IN-PERSON

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 Monday of each Month from 1:00-4:00pm IN-PERSON

Journalling

Join Program Staff 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.

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

Floral Arrangement Class with Forgather Floral

Welcome to our *Summertime Floral Arrangement Class*! As the season of sunshine and growth approaches, this hands-on, creative course is designed to introduce Members to the art and techniques of floral design using the vibrant, fresh blooms of summer! Whether you're a beginner looking to learn the basics or someone with experience wanting to refine your skills, this class offers something for everyone.

Wednesday July 16th from 12:00-1:00pm

IN-PERSON

Art of Gratitude: Mandala Painting ***NEW***

In this special workshop, Members will create a personalized Gratitude Mandala- a symbolic, circular design that represent the people, experiences, and moments they are thankful for. Using art supplies provided, you'll be guided step-by-step to design and decorate your own mandala, each section highlighting something meaningful in your life. This class offers a peaceful space for mindfulness, self-expression, and emotional connection through the power of gratitude and art.

Thursday June 12th from 12- 1:30pm

IN-PERSON



THE COMMUNITY
FOUNDATION
OF ORILLIA AND AREA

Special thank you to The Community Foundation of Orillia and Area for supporting our programs.

Social Activities



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!

Tuesday June 24th & July 15th from 1:00-2:00pm IN-PERSON

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

Thursday June 12th, July 17th, and August 14th from 10:30-11:30am IN-PERSON

Men Connect: Open to male-identifying 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 understand!

Second Thursday of each month from 6:00-7:00pm VIRTUAL

Fourth Thursday of each month from 6:00-7:30pm IN-PERSON

Post Treatment Connect: Join us at the Clubhouse and connect with others who have completed treatment. Share stories, words of wisdom and encouragement to other Gilda's Club Members.

June 12th, July 17th, & August 21st from 6:00-7:00pm 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!

Third Thursday of each month from 12:30-2:30pm IN-PERSON **June program on June 26th**

Summer Outdoor Get Together: That's right, it is officially summer and we want to get outside and enjoy the nice weather. Come enjoy some BBQ food and snack as we enjoy our courtyard and all that summer has to offer! This will run rain or shine.

July 10th from 12:30pm-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 1:30-3:00pm IN-PERSON

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.

August 27th from 10:00-11:00am IN-PERSON

Grief Social

Grief social is an unfacilitated meeting once per month for Members who have lost a loved one to Cancer. We welcome you to share stories, and grief experience with other who understand loss.

June 5th, July 10th, & August 14th from 6:00-7:30pm 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 1:00-3:00pm IN-PERSON

****No Program June 18th****

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 10:00am-12:00pm

IN-PERSON **No Program June 18th**

Ice Cream Social: Come and enjoy some delicious ice cream with you fellow Members. Enjoy the sunshine and with a sweet treat.

Thursday August 14th from 1:00-2:00pm IN-PERSON

Family Story Sharing Afternoon ****NEW****

Spend a meaningful afternoon at Gilda's Club, connecting with your loved ones through stories, creativity, and reflection. This 3-hour event invites members and their families to share moments of resilience, hope, and strength through guided conversations and a fun collaborative art project. Together, we will celebrate the bonds that carry us through life's challenges. All ages are welcome. "Stories are bridges between hearts".

Tuesday July 15th from 1-4pm IN-PERSON

JUNE








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Clubhouse Closed 	2 10am Shinsei Wellness 10:30am Living with Cancer A 12pm Sewing & Quilting 2pm Nutrition Workshop	3 10am Fireside Chats 10:30am Sound Bath 12pm Art for Wellbeing Part 1 1pm Cards 1pm Facing Forward A  2:30pm Journaling 	4 9am Walking Group 10:30am GCSM Community Support Group 12pm Art for Wellbeing Part 2 6pm Grief Social	5	6
9 11am Hatha Yoga 1pm Gilda's Crafting Corner 1:30pm Living with Advanced Cancer  2pm Line Dancing 6pm Family & Friends A 	10 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 12pm Guest Speaker: Bliss Yoga Studio 2pm Ink & Insights	11 10am Fireside Chats 10:30am Blood Cancer Networking 11:30am Paint Throwing 1pm Cards 1pm Facing Forward B  3pm Group Orientation	12 9am Walking Group 10:30am Trivia 12pm Art of Gratitude: Mandala Art 2pm Family & Friends Support B 6pm Men Connect  6pm Post Treatment Connect 6pm Art Class with Kim 7pm Group Orientation 	13	13
16 Clubhouse Closed 	17 Clubhouse Closed 	18 Clubhouse Closed 	19 Clubhouse Closed 	20 Clubhouse Closed 	21 Clubhouse Closed 11am Caregivers Support
23 10am Unpacking Grief Series 11am Hatha Yoga 1:30pm Living with Advanced Cancer  6pm Family & Friends A  7pm Breast Cancer Networking Group A 	24 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 1pm BINGO 2pm Ink & Insights	25 10am Fireside Chats 11am Brow Bar 1pm Cards 1pm Facing Forward B  1pm Guest Speaker: End of Life Doula 3pm Group Orientation	26 9am Walking Group 11am Baking With Amber 12:30 pm Book Club 1:30pm New Member Welcome Social 6pm Men Connect 6pm Living with Cancer B 6:30pm Sound Bath	27	27
30 Clubhouse Closed 					

JULY



Qigong Hybrid Program



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Clubhouse Closed 	2 10am Fireside Chats 10:30am Sound Bath 1pm Cards 1pm Facing Forward A 2:30pm Journaling	3 9am Walking Group 10:30am GCSM Community Support Group 2pm Family & Friends Support B 7pm Group Orientation	4
7 11am Hatha Yoga 1:30pm Living with Advanced Cancer 2pm Ink & Insights	8 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 2pm Nutrition Workshop 3pm Pilates	15 9am Unpacking Grief Series 10am Shinsei Wellness 10:30am Living with Cancer A 12pm Sewing & Quilting 1pm BINGO 1pm Family Story Sharing 2pm Self-care Workshop Part 1 3pm Pilates	16 10am Fireside Chats 12pm Floral Arrangement Class 1pm Cards 1pm Facing Forward A 2:30pm Journaling	17 9am Walking Group 10:30am Trivia 12:30pm Book Club 6pm Post Treatment Connect 6pm Living with Cancer B 6:30pm iRest Meditation 7pm Art for Wellbeing 7pm Group Orientation	18 9:30 am Qigong A 11:00am Qigong B 19 11am Caregivers Support
14 11am Hatha Yoga 1pm Gilda's Crafting Corner 2pm Line Dancing 6pm Family & Friends A	21 11am Hatha Yoga 1:30pm Living with Advanced Cancer 2pm Ink & Insights	22 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 2pm Self-care Workshop Part 2 1-4pm Massage Therapy 3pm Pilates	23 10am Fireside Chats 1pm Cards 1pm Facing Forward B 3pm Group Orientation	24 9am Walking Group 11am Baking with Amber 6pm Men Connect 6:30pm Sound Bath	25 9:30 am Qigong A 11:00am Qigong B
28 11am Hatha Yoga 6pm Family & Friends A 7pm Breast Cancer Networking Group A	29 10am Shinsei Wellness 10:30am Living with Cancer A 12pm Sewing & Quilting 2pm Self-care Workshop Part 3 3pm Pilates	30 10am Fireside Chats 1pm Cards 2:30pm Journaling	31 9am Walking Group 1:30pm New Member Welcome Social 3pm The First Steps Workshop		

AUGUST




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

					9:30 am Qigong A 11:00am Qigong B	1				
Clubhouse Closed 	4	10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 2pm Nutrition Workshop 3pm Pilates	5	10am Fireside Chats 1pm Cards 1pm Facing Forward A 3pm Living with Advanced Cancer In-person	6	11am Baking with Amber 2pm Family & Friends Support B 7pm Group Orientation	7	9:30 am Qigong A 11:00am Qigong B	8	
	11	11am Hatha Yoga 1pm Gilda's Crafting Corner 2pm Line Dancing 2pm Ink & Insights 6pm Family & Friends A	12	10am Shinsei Wellness 10:30am Living with Cancer A 12pm Sewing & Quilting 2pm Cognitive Flexibility Workshop 3pm Pilates	13	10am Fireside Chats 10:30am Blood Cancer Networking 1pm Cards 1pm Facing Forward B 2:30pm Journaling 3pm Group Orientation	14	9am Walking Group 10:30am Trivia 1pm Ice Cream Social 6pm Men Connect 6pm Grief Social	15 16	9:30 am Qigong A 11:00am Qigong B 11am Caregivers Support
18	11am Hatha Yoga 1:30pm Living with Advanced Cancer	19	10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 1pm BINGO 1-4pm Massage Therapy 3pm Pilates	20	10am Fireside Chats 10:30am Sound Bath 1pm Cards 1pm Facing Forward A	21	9am Walking Group 12:30 pm Book Club 6pm Post Treatment Connect 6pm Living with Cancer B 6:30pm iRest Meditation 7pm Group Orientation	22	9:30 am Qigong A 11:00am Qigong B	22
25	10am The First Steps Workshop 11am Hatha Yoga 6pm Family & Friends A 7pm Breast Cancer Networking Group A	26	10am Shinsei Wellness 10:30am Living with Cancer A 12pm Sewing & Quilting 2pm Ink & Insights 3pm Pilates	27	10am Open Member Meeting 1pm Cards 1pm Facing Forward B 2pm Unpacking Grief Series 2:30pm Journaling 3pm Group Orientation	28	9am Walking Group 1:30pm New Member Welcome Social 6:30pm Sound Bath 6pm Men Connect 7pm Art for Wellbeing	29	9:30 am Qigong A 11:00am Qigong B	29