



An Affiliate of the
CANCER SUPPORT COMMUNITY

PROGRAM CALENDAR

March, April, May



SCAN TO BECOME A MEMBER

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

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

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 March- May 2026.

Monday through Friday 9:00am to 4:00pm.

Closed Fridays in March. Open for Fridays starting in April. Starting in April the clubhouse will be closed the 1st Friday of each month.

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

April 3rd and May 18th 2026

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



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 in 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 May 18th**

Yin Yoga- Flow & Let Go

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 March 11th, April 8th, and May 13th 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

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

ShinSei Wellness

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

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 March 4th, 18th, April 1st, 15th, May 6th and 20th from 10:30-11:30am IN-PERSON

Thursday March 26th, April 16th, May 21st 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.

March 9th at 2:30pm April 20th at 2:30pm and May 27th at 1pm 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. **April 29th 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 March 10th, 24th, April 14th, 28th, May 12th, 26th from 11am-12pm Starting March

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>Mar 21, Apr 18, May 16</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.	A:	V	1st & 3rd Wednesday <i>Mar 4, 18, Apr 1, 15, May 6, 20</i>	1:00pm-2:30pm	Taylor & Shannon
	B:	V	2nd & 4th Wednesday <i>Mar 11, 25, Apr 8, 22, May 13, 27</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>Mar 9, 23, Apr 13, 27, May 11, 25</i>	6:00pm-7:00pm	Madison
Grief & Loss Support Group 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>Mar 5, 19, Apr 2, 16, May 7, 21</i>	6:00pm-7:30pm	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: April 22nd 3:00pm – 4:00pm</i>		V	Every other Monday <i>Mar 9, 23, Apr 13, 27, May 11, 25</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	2nd & 4th Tuesday <i>Mar 10, 24, Apr 14, 28, May 12, 26</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>Mar 25, Apr 22, May 27</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 Mar 11, Apr 8, May 13	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 Mar 23, Apr 27, May 25	7:00pm-8:00pm	Tamara
	B:	IP	1st & 3rd Tuesday Mar 3, 17, Apr 7, 21, May 5, 19	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 Mar 9, 23, Apr 13, 27, May 11, 25	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

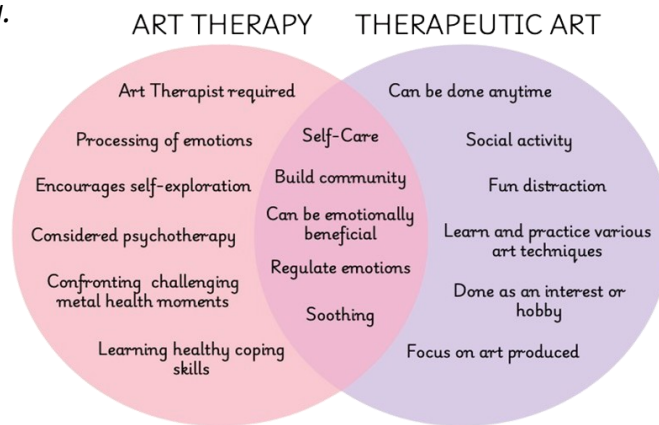
Art Therapy Processing Groups

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

<i>Group Name & Description</i>	<i>V/IP</i>	<i>Date</i>	<i>Time</i>	<i>Facilitator</i>
Creative Reflections: Art Therapy Open Group 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.	IP	Every other Wednesday	2:00pm-3:30pm	Trish & Jenna
Art Therapy Closed Group Holding the Body: Mixed Media & Textured Art for Body Image After Cancer. A 7-week art therapy support group for individuals affected by cancer. Through creative expression and shared reflection, while connecting with others who understand.	IP	Every Monday, 7-week series Starting March 16th Registration Closes March 9th	1:45pm-3:30pm	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.



March Break Day Camp!

Gilda's March Break Camp is packed with excitement from Monday to Thursday, each day filled with creative crafts, fun activities and hands-on science experiments. Each activity fits the days theme, including Camp Day, Carnival Day, Halloween Day, and lastly, Animated Character Day. Experiencing something new and exciting every day, Gilda ensures a memorable, action-packed March Break with your favourite activities.

Monday March 16th —Thursday March 19th 9am-3:30pm IN-PERSON

EDUCATIONAL WORKSHOPS

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 by 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.

March 3rd, April 7th and May 5th from 2-3:30pm IN-PERSON

Guest Speaker: Kelly Knabenschuh- Registered Kinesiologist ****NEW****

This two-part presentation features a guest speaker who is a licensed kinesiologist specializing in functional movement. Part one focuses on building strength after cancer, with practical strategies to safely regain mobility, confidence, and physical resilience post-treatment. Part two is designed for caregivers, emphasizing how to support someone with cancer through safe body mechanics and injury-preventing techniques. Attendees will learn how to perform supportive lifts and transfers that protect both the caregiver and the person receiving care.

March 16th and 23rd from 2-3pm IN-PERSON

Legal Support Workshop- Power of Attorney

Come join lawyers Cassandra and Paige as they discuss Power of Attorney. This will be a presentation format with a Q&A session at the end. If you have any questions you specifically want addressed please contact a program staff and we will connect with the legal team.

April 21st from 1-2pm IN-PERSON

Ink and Insights

A 6- week-series workshop exploring the many untold stories of Gilda's Club Members. Each session focuses on life events, 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.

March 19th, 26th, April 2nd, 9th, 16th, and 23rd from 2-3:30pm IN-PERSON

Caring for the Caregiver- Push the Pause Button

This workshop offers information on support for cancer caregivers. We will discuss the common worries and concerns of caregivers, role changes, and the benefits of caregiving. Participants have the opportunity to reflect on their experience, hear from others like them, and learn practical strategies to cope and bolster their own wellbeing. **March 17th from 2- 3:30pm IN-PERSON**

The First Steps: Coping with a New or Suspected Diagnosis

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 health care 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.

Second and Fourth Tuesday of each month from 2-3:30pm IN-PERSON

Self-Compassion Workshop ****NEW****

This self-compassion workshop is based on work by Dr. Kristin Neff, and ideas from the Acceptance and Commitment Therapy (ACT) approach. Join us to explore what it means to treat ourselves with the same kindness we offer our friends during difficult times, why it is important to cultivate a self-compassion practice, common myths around self-compassion and the potential pitfalls that keep us stuck in our painful internal experiences. We hope you leave with interesting discussions, practical tools, and resources to help further your learning. **March 25th at 11am-12pm 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 March 17, April 14, May 19th ****

Art Class with Kim IN-PERSON

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

Picasso-ish Portraits

Explore the world of Abstract Art by creating portraits in Picasso's Cubist style. Participants will be guided through the creative process with a focus on organic and geometric shapes.

Wednesday March 11th from 1-3pm

Hallelujah

Leonard Cohen was a prolific Canadian poet, novelist and singer/songwriter. "Hallelujah" is one of his most famous songs and has been adapted hundreds of times, by hundreds of performers in various languages. The lyrics to this anthem will inspire watercolour cityscapes of his beloved Montreal. **Wednesday April 8th from 1-3pm**

Spring Flowers

The world is awakening to the beauty of spring flowers. So let's celebrate the natural world by creating floral images using a wax batik process.

Monday May 4th from 6-8pm

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

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.

March 5th from 1-4pm IN-PERSON

Floral Arrangement Making Class with Forgather Floral Co.

Welcome to our *Springtime Floral Arrangement Class*! As the season of renewal 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 spring. 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 April 29th 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.

March 12th at 5-6pm, April 30th at 2-3pm May 11th at 1-2pm 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.

Every other Wednesday from 2:30- 3:30pm VIRTUAL * No group April 29th****



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 March 12th, April 9th, May 14th 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 12:45-2:30pm 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

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 May 27th 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**

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 May 27th**

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

Every other Tuesday from 11am-1pm for the month of March IN-PERSON

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 April 23rd at 5:30pm 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 March 12th from 7-8pm IN-PERSON

TED TALKS: 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.

Tuesday March 10 1-1:45pm

Tuesday April 7th 1-1:45pm
































Tuesday May 12th 1-1:45pm IN-PERSON

Mother's Day High Tea!: We will be honouring our ladies with a High Tea celebration for Mother's Day. If you are a Mother or a grandmother, celebrating your mother or motherly figures then this is especially for you!

Thursday May 7th from 1:00-3:00pm IN-PERSON

Hybrid Program 
Virtual Program 

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 11am Hatha Yoga A 12:30pm Hatha Yoga B	3 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social 12pm Sewing & Quilting 2pm Nutrition Workshop	4 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	5 10am Qigong A  11:30am Qigong B  11:30am Pilates  1pm Card Making Class 6pm Grief & Loss  7pm Group Orientation 
9 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  2:30pm iRest 6pm Family & Friends  7pm Early Onset Support 	10 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 1pm TED TALKS 2pm New dx Workshop	11 10am Fireside Chat 10am Group Orientation 10:30am Blood Cancer Networking 1pm Cards 1pm Art with Kim 1pm Facing Forward B  7pm Yin Yoga 	12 10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  1pm Gilda's Crafting Corner 5pm Art for Wellbeing 6pm Men's Night  7pm Queer Grief Social
16 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm A.T.C.G 2pm Guest Speaker: Kinesiologist Part 1	17 10am Shinsei Wellness 10:30am Breast Cancer Networking B 11am Soup Social 2pm Caring for the Caregivers	18 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	19 10am Qigong A  11:30am Qigong B  11:30am Pilates  12:45pm Book Club 2pm Ink and Insights 6pm Grief & Loss  7pm Group Orientation 
23 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm A.T.C.G 2pm Guest Speaker: Kinesiologist Part 2 6pm Family & Friends  7pm Early Onset Support  7pm Breast Cancer Networking A 	24 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 2pm New dx Workshop	25 10am Fireside Chat 10:30am Newly Diagnosed 11am Self-Compassion Workshop 1pm Cards 1pm Facing Forward B  3pm Group Orientation	26 10am Qigong A  11:30am Qigong B  11:30am Pilates  1:30pm New Member Welcome Social 2pm Ink and Insights 6pm Men's Night 6:30pm Sound Bath

Saturday Group:

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

Art Therapy Groups

Art Therapy Closed Group (A.T.C.G)- Registration closes March 9th

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










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



GILDA'S CLUB
SIMCOE MUSKOKA
 An Affiliate of the
CANCER SUPPORT COMMUNITY

Hybrid Program 
Virtual Program 

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
30 11am Hatha Yoga A 12:30pm Hatha Yoga B	31	1 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	2 10am Qigong A  11:30am Qigong B  11:30am Pilates  2pm Ink and Insights 6pm Grief & Loss  7pm Group Orientation 
6 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm A.T.C.G	7 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 1pm TED TALKS 2pm Nutrition Workshop	8 10am Fireside Chat 10:30am Blood Cancer Networking 1pm Cards 1pm Facing Forward B  1pm Art with Kim 3pm Group Orientation 7pm Yin Yoga 	9 10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  1pm Gilda's Crafting Corner 2pm Ink and Insights 6pm Men's Night 
13 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm A.T.C.G 6pm Family & Friends  7pm Early Onset Support 	14 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 2pm New dx Workshop	15 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	16 10am Qigong A  11:30am Qigong B  11:30am Pilates  12:45pm Book Club 2pm Ink and Insights 6pm Grief & Loss  6:30pm Sound Bath 7pm Group Orientation 
20 11am Hatha Yoga A 12:30pm Hatha Yoga B 2:30pm iRest 1:45pm A.T.C.G	21 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 1pm Guest Speaker: Power of Attorney	22 10am Fireside Chat 10:30am Newly Diagnosed 1pm Cards 1pm Facing Forward B  3pm Living W/ Advanced Cancer In-Person 3pm Group Orientation	23 10am Qigong A  11:30am Qigong B  11:30am Pilates  2pm Ink and Insights 5:30pm Movie Night 6pm Men's Night
27 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  1:45pm A.T.C.G 6pm Family & Friends  7pm Early Onset Support  7pm Breast Cancer Networking A 	28 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 2pm New dx Workshop	29 10am Fireside Chat 12pm Floral Class with Forgather Floral Co. 1pm Cards 1-4pm Massage Therapy	30 10am Qigong A  11:30am Qigong B  11:30am Pilates  1:30pm New Member Welcome Social 2pm Art for Wellbeing

Saturday Group:

Caregivers Support Group: April 18th from 11am-12pm

Art Therapy Groups

































Art Therapy Closed Group (A.T.C.G)- Registration closes March 9th

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

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



GILDA'S CLUB
SIMCOE MUSKOKA
 An Affiliate of the
CANCER SUPPORT COMMUNITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:45pm A.T.C.G 6pm Art with Kim	5 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 1pm Trivia 2pm Nutrition Workshop	6 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	7 10am Qigong A  11:30am Qigong B  11:30am Pilates  1pm Mother's Day High Tea 6pm Grief & Loss  7pm Group Orientation 
11 11am Hatha Yoga A 12:30pm Hatha Yoga B 1pm Art for Wellbeing 1:30pm Living W/ Advanced Cancer  6pm Family & Friends  7pm Early Onset Support 	12 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 1pm TED TALKS 2pm New dx Workshop	13 10am Fireside Chat 10:30am Blood Cancer Networking 1pm Cards 1pm Art with Kim 1pm Facing Forward B  3pm Group Orientation 7pm Yin Yoga 	14 10am Qigong A  11am Bingo 11:30am Qigong B  11:30am Pilates  1pm Gilda's Crafting Corner 6pm Men's Night 
18 	19 10am Shinsei Wellness 10:30am Breast Cancer Networking B	20 10am Fireside Chat 10:30am Sound Bath 1pm Cards 1pm Facing Forward A  2pm Creative Reflections 2:30pm Journalling 	21 10am Qigong A  11:30am Qigong B  11:30am Pilates  12:45pm Book Club 5pm Art for Wellbeing 6pm Grief & Loss  6:30pm Sound Bath 7pm Group Orientation 
25 11am Hatha Yoga A 12:30pm Hatha Yoga B 1:30pm Living W/ Advanced Cancer  6pm Family & Friends  7pm Early Onset Support  7pm Breast Cancer Networking A 	26 10am Shinsei Wellness 10:30am Living with Cancer 11am Line Dancing 12pm Sewing & Quilting 2pm New dx Workshop	27 10am Open Member Meeting 10:30am Newly Diagnosed 1pm Cards 1pm Facing Forward B  1pm iRest 3pm Group Orientation	28 10am Qigong A  11:30am Qigong B  11:30am Pilates  1:30pm New Member Welcome Social 6pm Men's Night

Saturday Group:

Caregivers Support Group: May 16th from 11am-12pm

Art Therapy Groups

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