



An Affiliate of the
CANCER SUPPORT COMMUNITY

PROGRAM CALENDAR

September, October, November



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 September, October, November 2025.

Monday through Thursday 9:00am to 4:00pm Fridays the clubhouse is closed beginning in October. We will be **closed** the following days in this upcoming calendar:

September 1st, 16th, 17th and 18th and October 13th and 15th.

Virtual programs will be running on September 17th, however in-person access is closed.

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 Sept 1st & Oct 13th*

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 Starting September 4th 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. *No Classes September 19th

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

Every Thursday: Session A from 10-11am Session B from 11:30am-12:30pm in Oct & Nov 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 10-11am IN-PERSON *No Class Sept 16th**

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 Sept 3rd, Oct 8th & 22nd, Nov 5th & 19th from 10:30-11:30am IN-PERSON

Thursday Sept 25th, Oct 23rd, and Nov 27th 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 Sept 4th, Oct 30th, and Nov 20th 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. **Oct 21st & Nov 11th 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 Sept 9th, 23rd, Oct 14th, 28th and Nov 11th, 25th from 11am-12pm

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.

COUNSELLING GROUPS

V = Virtual

IP = In-Person

Support Groups:

Support Groups facilitated by a registered mental health professional to provide the opportunity for individuals impacted by cancer to share their stories and connect with others who have a shared lived experience.

Support Group	Description	Format	Date	Time	Facilitator
<i>Family & Friends Support Group</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.	V	2nd and 4th Monday	6:00-7:00pm	Madison
<i>Newly Diagnosed Support Group</i>	A support group for individuals within 3 months of an initial diagnosis, up to 1 year post diagnosis.	IP	October 22nd and November 26th	10:30-11:30am	Kelsie
<i>Early Onset Support Group</i>	A support group for anyone impacted by cancer ages 18-40. For individuals who are recently diagnosed and up to 6 months post-treatment.	V	2nd and 4th Monday	7:00-8:00pm	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	V 1:30-2:30pm IP 3:00-4:00pm	Taylor
<i>Living with Cancer Support Group</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	10:30am-12:00pm	Kelsie
<i>Caregivers Support Group</i>	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 per month. September 27th, October 25th, November 22nd	11:00am-12:00pm	Tamara

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

V = Virtual

IP = In-Person

Support Group Name	Description	Format	Date	Time	Facilitator
<i>Facing Forward Support Group A</i>	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	1-2:30pm	Taylor & Shannon
<i>Facing Forward Support Group B</i>		V	2nd and 4th Wednesday	1-2:30pm	Kelsie & Riya
<i>Grief & Loss Support Group</i>	An in-person Support Group for individuals who have had a person in their life die from cancer. For persons who are recently bereaved and up to 18 months post-bereavement.	IP	1st and 3rd Thursday *No group Sept 18th*	6:30pm-8pm	Taylor

Art Therapy Groups:

Art therapy groups facilitated by an art therapy student to provide space for self-exploration and connection through creativity **No previous art experience needed**

Group Name	Description	Format	Date	Time	Facilitator
<i>Art Therapy Group</i>	8-week art therapy series exploring the intersection between cancer and self-identity through strengths, goals, and empowerment. **No art experience necessary**	IP	Mondays beginning Sept 29 *No group Oct 13th*	2pm - 3:30pm	Trish
<i>Art Hive at Gilda's</i>	Various art therapy invitations exploring personal goals and growth. **No art experience necessary**	IP	Every other Wednesday beginning Oct 1	10:30am - 12pm	Trish

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

V = Virtual

IP = In-Person

Networking Groups:

Networking Groups facilitated by a registered mental health professional to provide the opportunity for individuals impacted by cancer to share their stories and connect with others who have a shared lived experience.

Networking Group Name	Description	Format	Date	Time	Facilitator
Blood Cancer Networking Group	An in-person group for individuals living with blood cancer. For persons who are newly diagnosed and up to 12 months post-treatment.	IP	2nd Wednesday of the month	10:30am-12pm	Kelsie
Breast Cancer Networking Group A	A 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 of the month (2nd last in September & October)	7-8pm	Tamara
Breast Cancer Networking Group B		IP	Every other Tuesday *No group Sept 16th*	10:30am-12pm	Taylor

Processing Groups:

Processing Groups facilitated by a registered mental health professional to provide the opportunity for individuals impacted by cancer to share their stories and connect with others who have a shared lived experience.

Group Name	Description	Format	Date	Time	Facilitator
Somatic Processing Group	8-week closed series introducing the concepts and practices of somatic processing, exploring the connections between mind, body, and emotion to tune into the body's wisdom and process the impact of cancer in one's life. Attendance each week is required.	IP	Every Thursday October 2nd–November 20th Registration Closes Oct 2nd	2-3:30pm	Taylor & 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.



**MAY COURT
CLUB OF BARRIE**
WORKING TO CHANGE LIVES FOR THE BETTER

Special thank you to the May Court Club of Barrie for supporting our mental health programs.

EDUCATIONAL WORKSHOPS

When Anger Speaks ****NEW* ***

Anger is a natural and often overlooked emotional response to the challenges of cancer. This 90-minute workshop is designed specifically for individuals navigating a cancer diagnosis who may be experiencing frustration, irritability, or anger during their treatment journey. Members are provided a safe space to explore the roots of anger, learn healthy coping strategies, and connect with others facing similar emotional struggles.

Monday November 3rd from 10:30am-12pm IN-PERSON

Back to Business ****NEW* ***

Explore topics such as the pressures to return to work, readiness, types of support, communication, concerns, balancing expectations, and more during this 90-minute workshop. Dive into deeper discussions about schedules and accommodations, the adjustment period, and finding balance within the demands of returning to work. For members living with cancer or recently finished treatments who are considering or recently back to work.

Thursday September 11th from 5pm-6:30pm VIRTUAL

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 question and answer period to ensure nutrition related questions are answered.

September: Fall into Good Habits with a food demo on a balanced snack.

October: Eating Through the Holidays- Thanksgiving with a food demo on Thanksgiving sides.

November: November- Spotlight on Prostate Cancer with a food demo on healthy eating for prostate cancer.

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

Tuesday September 2nd, October 7th and November 4th from 2-3:30pm IN-PERSON

Advanced Care Planning ****NEW****

What would happen if you couldn't make your own healthcare decisions? Who would speak for you — and would they know what you'd want? This 1.5-hour workshop introduces the essentials of Advance Care Planning (ACP) in Ontario and why it's important *long before* a health crisis happens. No matter how you're impacted by cancer, this is a topic relevant to everyone.

Tuesday November 18th from 2-3:30pm VIRTUAL

Preparing for the Holidays

Finding Meaning, Managing Stress, and Honouring What Matters Most

The holiday season can bring a mix of emotions—joy, grief, stress, and everything in between. This one-hour workshop offers a supportive space for anyone navigating the season after a loss, supporting a loved one with cancer, or feeling overwhelmed. Together, we'll explore ways to cope with grief and change, manage stress, and set healthy boundaries. The session will also offer ideas for creating meaningful traditions and finding moments of peace and connection. Open to all members of the Gilda's community, participants will leave with gentle tools, shared insights, and a sense of support for the season ahead. **Wednesday October 1st from 2:30-3:30pm IN-PERSON**

Guest Speaker Valentina Constantinescu, RN- Microgreens! ****NEW****

This presentation explores the powerful benefits of microgreens and how they can enhance our health and daily lives. It begins with a personal introduction and the speaker's journey of discovering microgreens, followed by an evidence-based look at their nutritional value and real-world impact. Attendees will learn practical ways to incorporate microgreens into their diets, tailored to individual needs and lifestyles. The speaker will also share hands-on growing techniques and methods, along with helpful tips on buying, storing, and using microgreens effectively. The session concludes with an open Q&A to deepen understanding and inspire further exploration.

Tuesday October 21st from 2-3pm 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 class on Sept 16th****

Art Class with Kim IN-PERSON

It's Always Something

Let's honour Gilda Radner with a caricature painting activity inspired by Amedeo Modigliani. We will also highlight her famous quotes and incorporate them into the completed portraits.

Monday September 15th from 6-8pm

Music and Art

Classical music has the amazing ability to create visual images in our minds. Let your imagination free during this workshop that focuses on visualizing techniques, brainstorming and sketching. Famous classical pieces will be paired with artwork from New York's Metropolitan Museum of Art for a unique arts experience.

Thursday October 16th from 1-3pm

Remember Your Poppy

We will use John McCrae's famous poem as the inspiration for creating beautiful poppy prints. Participants will be guided through the engraving process and transferring images onto paper.

Thursday November 13th 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 Monday of each Month from 1:45-4pm

IN-PERSON *3rd Monday in Oct*

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

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.

October 29th and November 27th 1-4pm

IN-PERSON

NOOGIELAND PROGRAMS

Noogiefest!

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

Wednesday, Oct 29th IN-PERSON

6-7:30pm

What Do I Tell the Kids?

This workshop focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.

October 14th from 2-3pm VIRTUAL

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

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

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

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

Please contact Jessica Ward MSW, RSW for more information:



Special thank you to the Rotary Club of Wasaga Beach for supporting our Children and Youth programs.

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 September 11th, October 9th, November 13th from 1-2pm IN-PERSON

Men's Night: 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 6-7:30pm 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. Make new friends and discover new books!

Third Thursday of each month from 12:30-2:30pm IN-PERSON ** September meeting on Sept 25th**

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 1:30-3pm 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 November 26th 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 Program Sept 17th or Oct 15th****

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 Program Sept 17th or Oct 15th**

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

Every other Tuesday Starting Oct 7th from 11am-2pm IN-PERSON

Movie Night *NEW*

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 November 6th at 6:30pm IN-PERSON

15th Anniversary Celebration for Gilda's Club Simcoe Muskoka *NEW*

Gilda's Club Simcoe Muskoka is proud to celebrate its 15th Anniversary with a heartfelt Member celebration honouring the beautiful community of Gilda's Club. This milestone event recognizes 15 years of providing free emotional and social support to individuals impacted by cancer. The celebration will feature inspiring stories from members, fun activities, and food. Guests will also enjoy a look back at our history and the many lives touched by Gilda's Club. Join us for an unforgettable day of connection, gratitude, and celebration as we look forward to the future together.

September 19th from 11am-1:30pm 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 healing together.

Thursday October 30th from 7-8pm IN-PERSON

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



THE COMMUNITY
FOUNDATION
OF ORILLIA AND AREA

SEPTEMBER



Virtual Program



Hybrid Program






























MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY




















1 Clubhouse Closed 	2 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting 2pm Nutrition Workshop	3 10am Fireside Chats 10:30am Sound Bath 1pm Cards 1pm Facing Forward A 	4 11:30am Pilates  6:30pm Grief & Loss Group 6:30pm iRest Meditation 7pm Group Orientation 	5 10am Qigong A  11:30am Qigong B 
8 11am Hatha Yoga A 1:30pm Living W/ Advanced Cancer  12:30pm Hatha Yoga B 1:45pm Gilda's Crafting Corner 6pm Family & Friends  7pm Early Onset Support 	9 10am Shinsei Wellness 11am Line Dancing 10:30am Living with Cancer 12pm Sewing & Quilting	10 10am Fireside Chats 10:30am Blood Cancer Networking 1pm Cards 1pm Facing Forward B  2:30pm Journaling  3pm Group Orientation	11 11:30am Pilates  1pm BINGO 5pm Back to Business  6pm Men's Night 	12 10am Qigong A  11:30am Qigong B 
15 11am Hatha Yoga A 12:30pm Hatha Yoga B 6pm Art with Kim	16 Clubhouse Closed 	17 Clubhouse Closed 	18 Clubhouse Closed 	19 11am Gilda's Club Simcoe Muskoka 15 th Anniversary
22 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 Group A 	23 10am Shinsei Wellness 11am Line Dancing 10:30am Living with Cancer 12pm Sewing & Quilting	24 10am Fireside Chats 1pm Cards 1pm Facing Forward B  2:30pm Journaling  3pm Group Orientation	25 11:30am Pilates  12:30pm Book Club 1:30pm New Member Welcome Social 2pm Sexual Health & Intimacy 1  6pm Men's Night 6:30pm Sound Bath	26 10am Qigong A  11:30am Qigong B  27 <div>11am Caregivers Support</div>
29 11am Hatha Yoga A 12:30pm Hatha Yoga B 2pm Art Therapy Group	30 10am Shinsei Wellness 10:30am Breast Cancer Networking B 12pm Sewing & Quilting			



Virtual Program



Note: Clubhouse Closed on Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>13</div> <div>Clubhouse Closed</div> <div></div>	<div>14</div> <div>10am Shinsei Wellness</div> <div>10:30am Breast Cancer Networking B</div> <div>11am Line Dancing</div> <div>12pm Sewing & Quilting</div>	<div>15</div> <div>Clubhouse Closed</div> <div></div>	<div>16</div> <div>10am Qigong A </div> <div>11:30am Qigong B </div> <div>11:30am Pilates </div> <div>12:30pm Book Club</div> <div>2pm Somatic Processing Group</div>	<div>17</div>
<div>20</div> <div>11am Hatha Yoga A</div> <div>12:30pm Hatha Yoga B</div> <div>1:30pm Living W/ Advanced Cancer </div> <div>1:45pm Gilda's Crafting Corner</div> <div>2pm Art Therapy Group</div> <div>7pm Breast Cancer Networking A </div>	<div>21</div> <div>10am Shinsei Wellness</div> <div>10:30am Living with Cancer</div> <div>11am Soup Social</div> <div>12pm Sewing & Quilting</div> <div>2pm Microgreens Nutrition Guest Speaker</div> <div>1-4pm Massage Therapy</div>	<div>22</div> <div>10am Fireside Chats</div> <div>10:30am Art Hive at Gilda's</div> <div>10:30am Newly Diagnosed Group</div> <div>10:30am Sound Bath</div> <div>1pm Cards</div> <div>1pm Facing Forward B </div> <div>2:30pm Journaling </div>	<div>23</div> <div>10am Qigong A </div> <div>11:30am Qigong B </div> <div>11:30am Pilates </div> <div>2pm Somatic Processing Group</div> <div>6pm Men's Night</div> <div>6:30pm Sound Bath</div> <div>7pm Group Orientation </div>	<div>24</div> <div>25</div>
<div>27</div> <div>11am Hatha Yoga A</div> <div>12:30pm Hatha Yoga B</div> <div>2pm Art Therapy Group</div> <div>6pm Family & Friends </div> <div>7pm Early Onset Support </div>	<div>28</div> <div>10am Shinsei Wellness</div> <div>10:30am Breast Cancer Networking B</div> <div>11am Line Dancing</div> <div>12pm Sewing & Quilting</div>	<div>29</div> <div>10am Fireside Chats</div> <div>1pm Cards</div> <div>1pm Card Making Class</div> <div>3pm Group Orientation</div>	<div>30</div> <div>10am Qigong A </div> <div>11:30am Qigong B </div> <div>11:30am Pilates </div> <div>2pm Somatic Processing Group</div> <div>1:30pm New Member Welcome Social</div> <div>2pm Sexual Health & Intimacy 2 </div>	<div>31</div> <div>11am Caregivers Support</div>

NOVEMBER



Virtual Program



Hybrid Program

Note: Clubhouse Closed on Friday

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>10:30am When Anger Speaks</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1:30pm Living W/ Advanced Cancer</p> <p>2pm Art Therapy Group</p>	<p>4</p> <p>10am Shinsei Wellness</p> <p>10:30am Living with Cancer</p> <p>11am Soup Social</p> <p>12pm Sewing & Quilting</p> <p>2pm Nutrition Workshop</p>	<p>5</p> <p>10am Fireside Chats</p> <p>10:30am Art Hive at Gilda's</p> <p>10:30am Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward A</p> <p>2:30pm Journaling</p>	<p>6</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>11:30am Pilates</p> <p>2pm Somatic Processing Group</p> <p>6:30pm Grief & Loss Group</p> <p>6:30pm Movie Night</p> <p>7pm Group Orientation</p>	<p>7</p>
<p>10</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1:45pm Gilda's Crafting Corner</p> <p>2pm Art Therapy Group</p> <p>6pm Family & Friends A</p> <p>7pm Early Onset Support</p>	<p>11</p> <p>10am Shinsei Wellness</p> <p>10:30am Breast Cancer Networking B</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</p> <p>1-4pm Massage Therapy</p>	<p>12</p> <p>10am Fireside Chats</p> <p>10:30am Blood Cancer Networking</p> <p>1pm Cards</p> <p>1pm Facing Forward B</p> <p>3pm Group Orientation</p>	<p>13</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>11:30am Pilates</p> <p>1pm BINGO</p> <p>1pm Art with Kim</p> <p>2pm Somatic Processing Group</p> <p>6pm Men's Night</p>	<p>14</p>
<p>17</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>1:30pm Living W/ Advanced Cancer</p> <p>2pm Art Therapy Group</p>	<p>18</p> <p>10am Shinsei Wellness</p> <p>10:30am Living with Cancer</p> <p>11am Soup Social</p> <p>12pm Sewing & Quilting</p> <p>2pm Advanced Care Planning</p>	<p>19</p> <p>10am Fireside Chats</p> <p>10:30am Art Hive at Gilda's</p> <p>10:30am Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward A</p> <p>2:30pm Journaling</p>	<p>20</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>11:30am Pilates</p> <p>12:30pm Book Club</p> <p>2pm Somatic Processing Group</p> <p>6:30pm Grief & Loss Group</p>	<p>21</p> <p>22</p>
<p>24</p> <p>11am Hatha Yoga A</p> <p>12:30pm Hatha Yoga B</p> <p>2pm Art Therapy Group</p> <p>6pm Family & Friends A</p> <p>7pm Early Onset Support</p> <p>7pm Breast Cancer Networking Group A</p>	<p>25</p> <p>10am Shinsei Wellness</p> <p>10:30am Breast Cancer Networking B</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</p>	<p>26</p> <p>10am Open Member Meeting</p> <p>10:30am Newly Diagnosed Group</p> <p>1pm Cards</p> <p>1pm Facing Forward B</p> <p>3pm Group Orientation</p>	<p>27</p> <p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>11:30am Pilates</p> <p>1pm Card Making Class</p> <p>1:30pm New Member Welcome Social</p> <p>2pm Sexual Health & Intimacy 3</p> <p>6pm Men's Night</p> <p>6:30pm Sound Bath</p>	<p>28</p>

11am Caregivers Support