

Program Calendar

April | May | June 2019



So That No One Faces Cancer Alone™



New to Gilda's Club Simcoe Muskoka?

Membership is FREE, and registration is easy!

To register:

1. Book a one-on-one meeting with one of our on-staff Registered Mental Health Professionals
2. Attend an optional New Member Networking Group, where you can connect with other new Gilda's Club members!

Call 705-726-5199 to register!

What is Gilda's Club?

A **FREE** cancer support community, providing social and emotional support to all whose lives have been touched by cancer.

Who are our members?

- All ages.
- Any cancer diagnosis.
- All genders.
- Family and friends.
- Bereaved.

Our services are provided through the generosity of individual, corporate and foundation contributors.

New Member Networking Group

- April 26 Friday 12:00 pm – 1:00 pm
- May 30 Thursday 7:00 pm – 8:00 pm
- June 26 Wednesday 10:00 am – 11:00 am

"Gilda's Club is simply amazing— a place where you feel at home, welcomed and can truly be yourself. I've learned so much, met great people and feel I've also become healthier as a result of the lectures, Qigong and yoga. Thank you!"

10 Quarry Ridge Road, Barrie, Ontario L4M 7G1

Tel: 705-726-5199 | Fax: 705-726-7101

gildasclubsimcoemuskoka.org

 facebook.com/gildasclub

  [@GildasClubSM](https://twitter.com/GildasClubSM)

Member Information

Registration is required for any activity you wish to attend. This is so that we are able to appropriately plan for materials & room set up, keep accurate waiting lists, and so we can contact you in the case of last-minute event cancellations. If you are registered for an activity but are unable to attend, please try to give us as much notice as possible by calling us at **705-726-5199** or e-mailing **program@gildasclubsm.org**



HOW TO REGISTER FOR ACTIVITIES

For any activity other than support groups, you can register by:

- Online at www.gildasclubsimcoemusoka.org
- Email program@gildasclubsm.org
- Call 705-726-5199
- Or coming to the Clubhouse and registering in person.

To avoid the spread of germs, we ask that you please refrain from coming to Gilda's Club if you are sick.

Networking Groups

Breast Cancer Networking

A monthly networking group for those living with a Breast Cancer diagnosis. This group is an opportunity to share information & experiences with others.

3rd Wednesday /month
1:00 am – 2:30 pm

Blood Cancer Networking

A monthly networking group for those living with a Blood Cancer diagnosis. This group is an opportunity to share information & experiences with others.

3rd Thursday/ month
11:00 am – 12:30 pm

Colorectal Networking Group **NEW**

A monthly networking group for those living with a Colon and/or Rectal cancer diagnosis. This group is an opportunity to share information & experiences with others.

4th Thursday/ month
5:30 pm – 7:00 pm

Support Groups

Family & Friends Support **NEW DAY**

For those who have a loved one, friend or relative living with cancer (but not living with cancer themselves). This is a space to express feelings, gain insights, and build mutual support.

2nd & 4th Monday/ month
1:15 pm – 3:15 pm

Facing Forward Support

This group explores a variety of topics and coping mechanisms related to living life once you are done with cancer treatments and facing a “new normal”. For those who have gone through and completed treatment for any type of cancer.

1st & 3rd Wednesday/ month
1:00 pm – 3:00 pm



Living with Chronic Cancer Support

For those who will live with a cancer diagnosis for the duration of their life. This group is an opportunity to connect with other Members who are experiencing the same reality.

1st Thursday/month
6:30 pm – 8:00 pm

Family & Friends Living with Chronic Cancer Support

For those who are supporting a family member or friend with a chronic cancer diagnosis. This group provides the opportunity to connect with other Members who are experiencing the same reality.

1st Thursday/month
6:30 pm – 8:00 pm

Living with Cancer Support

For those currently living with any active cancer diagnosis, in any stage of treatment (up to 6 months post-treatment). Come express feelings, gain insights, and build mutual support.

2nd & 4th Wednesday/ Month
1:30 pm – 3:00 pm

Circle of Life Support **NEW DAY & TIME**

A bi-weekly support group for Members living with terminal cancer. In the words of our Members, this group provides “a sense of support, companionship, and knowing that you’re not alone. It’s more uplifting than you would think!”

2nd & 4th Monday/ Month
1:15 pm – 2:30 pm

Living with Loss Support

For Members who have had a friend or family member die from cancer. This group encourages you to explore and share your experiences and feelings around grief, and to come and share your experience of loss with others.

2nd & 4th Thursday/month
6:00 pm – 8:00 pm

Young Adults Cancer Support **NEW TIME**

For Members aged 18–40 living with any active cancer diagnosis (up to twelve months post-treatment). Come express feelings, gain insights, and build mutual support.

2nd & 4th Thursday/month
6:30 – 8:00pm

I needed to know that there are younger people who have cancer and who get it.



Healthy Lifestyle Groups

Gilda's Walkers

Come join fellow Members as we walk and talk our way around the Gilda's Club block. Witness the flowers beginning to bloom, or focus on increasing your stamina. All levels of walkers are welcome!

Mondays

10:00 am – 11:00 am Begins in May



Hatha Yoga

Discover the beauty of yoga, calming the body... calming the mind. A gentle practice suited to those on active cancer treatment.

Mondays

11:30am – 12:30pm

Wellness Qigong

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. Members are invited to sign up for one Qigong session per week.

Tuesdays

10:00 am – 11:00 am AND 11:30 am – 12:30 pm
Please note that there are no classes on April 16 & 23.

Mindfulness Practice for Beginners

Learn how to incorporate a mindfulness-based practice into everyday life to help reduce stress and improve wellbeing.

Tuesdays April 16 / April 30 / May 14 / May 28
June 4 / June 18
1:00 pm – 2:00 pm

Mindful Pilates

This class incorporates breathing practices to create body awareness and focus. Pilates (pronounced pill-ahh-tees) exercises enhance core strength and joint mobility for overall improved stability, balance and wellbeing. No experience necessary, and all equipment is provided.

Wednesdays April 3 / April 17 / May 1 / May 15 / June 12 / June 19
11:30 am – 12:30 pm

Yoga During Cancer Treatment

This class is tailored to the needs of those currently undergoing active cancer treatment. With consideration of the side effects associated with treatment, this gentle yoga class aims to renew and rejuvenate body and mind at a relaxed pace.

Wednesdays April 10 / May 8 / June 5
11:30 am – 12:45 pm

Mindful Slow Flow Yoga

A flowing yoga practice where body moves with breath at a slow and mindful pace. You will be guided through a series of standing, balance and floor postures that will create a greater sense of the body mind connection. All postures can be modified and practiced in a chair if needed.

Thursdays
1:15 pm – 2:15pm

Please note that there is no class on May 9 or June 20.

Hatha Yoga

A gentle, relaxing yoga class for beginners. Please note that this class runs at the same time as the children's yoga class, Young Yogis, specifically to give parents and guardians their own "me time"—but all are welcome to join!

Thursdays May 2 / May 16 / June 6
5:00 pm – 6:00 pm



Creative Corner

Knitting & Crocheting

All are welcome to our weekly Knitting and Crocheting Group! Be you beginner or expert, all are invited for a lovely morning of spinning a yarn on your needle or in conversation with others. Most materials are provided.

Tuesdays
10:00 am – 12:00 pm

Sewing and Quilting

Join us weekly with fellow Members and volunteers as we create projects. No experience necessary! Not sure what you want to work on? Learn a new project on the fourth Tuesday of every month. Check out the schedule and sign up!

Tuesdays
12:30 pm – 2:30 pm

Special Projects

April 27 Seasonal Mug Rug

May 28 Continue your Quilt: Backing & Batting

June 25 Continue your Quilt: Quilt it together

Projects with a Purpose

Can't seem to get those creative juices flowing? Stumped on what to sew next? Join fellow Members and volunteers as they work together on projects that benefit numerous people within our cancer support community and beyond. All levels of experience are welcome.

1st Thursday/ month
10:00 am – 3:00 pm

Community Drumming

Get into the groove with this interactive group bucket drumming class! No experience necessary and all materials provided.

Fridays
10:00 am – 12:00 pm

Encaustic Painting

Also known as “Hot Wax Painting”, Encaustic Painting involves the use of heated colored wax to create beautiful, one-of-a-kind artwork. Members are invited to register for one Encaustic Painting session per month.

Mondays April 8 / May 6 / June 3

1:00 pm – 3:00 pm

Thursdays April 11 / May 9 / June 6

6:00 pm – 8:00 pm



Homemade Card Class

Tired of paying so much for cards? Come learn how to make your own personalized one! You will learn how to stamp and layer your card for that perfect occasion—make it as simple or complex as you like.

Thursday, April 18

11:00 am – 1:00 pm

Printmaking 201

Learn how to carve softoleum to create “stamps”, and use brayers and printmaking ink to render your own work of art. No previous experience necessary!

Wednesday, April 17

1:00 pm – 3:00 pm

Irises

Irises are one of the earliest spring blooming plants so we will usher in the season by creating iris-themed mixed media artwork. Oil pastel and watercolour painting techniques will be shared.

Thursday, April 18

6:00 pm – 8:00 pm

Paint Night

An evening filled with creativity and relaxation, with a step-by-step painting lesson. All materials are provided and no experience necessary!

Thursday, May 16

6:00 pm – 8:00 pm

Wildflower Sketches

Have fun creating a variety of notecards and gift tags using watercolour pencil crayons. This workshop includes a look at the life of Beatrix Potter who was an English author, artist and naturalist.

Tuesday, May 17

10:00 am – 12:00 pm

Stone Carving

This introductory class will give you the basics for carving stone. Learn about all the hands tools required to “move” the stone and create a pendant or small sculpture.

Wednesday, May 29

1:00 pm – 3:00 pm

Acrylic Paint Class

This class will give you an introduction into using acrylic paints. Inspiration includes a focus on landscapes, with the influence of the Group of Seven.

Wednesday, June 19

1:00 pm – 3:00 pm

This Land of Ours

As Canada Day approaches, we will celebrate our country’s diverse landscapes by looking at the work of Ted Harrison. Participants will create colourful landscape paintings on wood using Harrison’s style as inspiration.

Thursday, June 27

6:00 pm – 8:00pm

Educational Workshops

Goal Setting Workshop Monthly Check-In

Back by popular demand! Join Program Coordinator, Erin, and your fellow Gilda’s Club members as we connect, explore and celebrate our goals for 2019. While, this workshop is a continuation of the series “Goal Setting in the New Year”, new participants are always welcome!

Fridays April 5 / May 10 / June 14

10:00am – 11:30am

Cooking for One

Join us in the community kitchen as we learn how to make single serve meals for the Slow Cooker or Instant Pot. We will work through the steps of the meal prep, and freezing, to create healthy, and delicious freezer meals.

Wednesday, April 10

12:00 pm – 2:00pm

Cultivating Joy, Mindfulness, and Self-Care in our Everyday Lives

In this 5-part series of workshops, participants will be guided through a variety of exercises allowing them to set clear goals and actions steps towards bringing more joy, mindfulness and self-care into their everyday lives. Activities include collages, visualisations, journaling, sharing circles and SMART goal setting.

Thursdays, April 11 / May 9

May 23 / June 13 / June 27

11:00 am – 1:00 pm

Moving Beyond Treatment: Recorded Webinar and Discussion

Come view the recorded webinar “Frankly Speaking About Cancer: Moving Beyond Treatment, which discusses various aspects of being post-treatment and adapting to a “new normal”. Following the webinar, Members are invited to participate in a 30 minute facilitated discussion. While all Members are welcome, this event will be specifically targeted to those who are, or will soon be, post-treatment plus their friends and family.

Tuesday, April 23

1:30 pm – 3:00 pm

Love Your Guts

Curious about how the digestive system works? Come join Registered Holistic Nutritionist & Founder of The Barrie Digestive Clinic, Carol Kim as she discusses an in depth look at the digestive system and the relationship between food and health.

Wednesday, April 24

11:00 am – 1:00 pm



Bra and Breast Prosthetic Fitting

Join Deb, from Naturally You, for this workshop on the basics of bra fitting, prosthetics and other speciality products for after procedures such as lumpectomies or mastectomies.

Thursday, April 25

6:30 pm – 7:30 pm

Easy and Nutritious Breakfasts: A Cooking Class for Those Who Don't Usually Cook

Breakfast is a struggle for a lot of people, especially those trying to have a healthy start to their day. Let's talk about, make and taste some healthy and easy breakfast ideas for you and your family. Start your day off the right way!

Monday, May 6

10:00 am – 2:00 pm

Breast Cancer: Lifestyle Topics

Come join the Sunflower Warriors for this Lunch-And-Learn session with special guest speaker Dr. Rask! Lifestyle topics related to breast cancer such as diet, exercise, alcohol and more will be discussed. Light lunch served at noon; the seminar will commence at 12:30.

Wednesday, May 8

12:00 pm – 1:30 pm



Tidying Up: Making Space for What Matters

Learn how to harness the “Life-Changing Magic of Tidying Up” from a certified KonMarie consultant. Create space with gratitude for more joy in your life, and tap into your intuition and become great at making decisions for yourself. This session will cover the basics of the KonMarie Method including a hands-on “folding masterclass”.

Monday, May 27

12:30 pm – 2:30 pm

Your Career After Cancer

Do you want to grow in your current career? Do you need a complete change? Are you trying to figure out where to start? If you said YES to one or more of these questions, you need to join this informational session where we will explore the world of careers and determine if you are ready for a change!

Thursday, May 30
5:30 pm – 7:00 pm

Naturally Reduce Pain and Improve Sleep

If you suffer from insomnia, restless nights, or chronic or acute pain this seminar is for you! You will leave equipped with completely natural, easy-to-use strategies to decrease pain and improve sleep. Hosted by Ruth Christensen, MSW RSW.

Friday, May 31
12:00 pm – 1:30 pm

Survivorship: Living with, Through & Beyond Breast Cancer

Join Dr. Renee Hanrahan for this special seminar on survivorship for those who have or have had breast cancer. Light refreshments served at 2:30; the seminar will commence at 3:00. This seminar is made possible by the Sunflower Warriors.

Monday, June 3
2:30 pm – 4:00 pm

Homeopathy for Summertime Ailments

Join Eryn Atton, HOM and learn how to use homeopathic remedies to deal with summertime ailments such as sunburn, sunstroke, insect bites or stings, poison ivy and so much more!

Thursday, June 13
6:30 pm – 8:00 pm



Cooking During Cancer Treatment

First comes prep, then comes cooking, then comes enjoying a delicious meal with your Gilda's Club Community! Join Program Coordinator, Erin, as we come together to cook a treatment-friendly recipe. While all members are welcome, special consideration has been taken to making this meal treatment friendly.

Monday, June 17
10:00 am – 12:30 pm



Good Grief: A Workshop about Bereavement

Whether you are grieving the death of a friend or loved one, the loss of a relationship, or the anticipatory loss of your own life or someone else's, this workshop will give grief a new perspective and give you coping tools for when the emotions are just too much to bear.

Tuesday, June 25
1:00 pm – 2:30 pm

Social Events

Clubhouse Bake

Members and volunteers of Gilda's Club gather to marvel over favourite recipes and to share in baking treats together for all to enjoy in our Clubhouse community.

Wednesdays
10:00 am – 12:00 pm

Coffee Talk

Plan to join us every Thursday afternoon for this Gilda's Club tradition! Coffee, tea, treats, great company and conversation to enjoy the rest your day. All are welcome!

Thursdays
1:00 pm – 3:00 pm

Men's Cancer Social Circle

Enjoy food and fellowship in this casual social space for men who either have a current or past cancer diagnosis. Informally led by male members of the Simcoe Muskoka community who have had their own cancer journey.

2nd and 4th Thursday of each month

6:30 pm – 8:00 pm



Evening of Remembrance

You are loved. You are missed. You are remembered. Members, volunteers, staff, supporters, family, friends and guests, join us as we gather to remember and celebrate those in our cancer support community and in our lives who have died. You are invited to bring a picture or memento to share and include on our memory table. This event is child-friendly.

Tuesday, May 14

6:00 pm – 8:00 pm

Summer Kick Off BBQ

The sun is out, the BBQ is being fired up and we are ready to make some memories! Let's kick off the start to the summer, Gilda's style! Please join us for our annual summer BBQ. Please don't forget to sign up! As part of the evening festivities we will be celebrating the next installation of bricks in our "Gilda's Courtyard of Hope". Kids are especially invited to join us for some summery fun and entertainment!

Thursday, June 20

5:30 pm – 7:30pm

Families Connect

Events for the whole family!

PA Day Movie Morning

Bring the whole family into our cozy Community Room for a child-friendly movie screening! Popcorn provided.

Friday, May 3

10:00 am – 12:00 pm

Kids & Teens Activities

Young Yogis

A fun, playful and relaxing yoga program for children ages 6-12 who have a cancer diagnosis themselves, or have a loved one living with cancer. This class brings joy and calm to kids by promoting movement, positive play and mindful techniques!



An adult Hatha Yoga class runs at the same time starting in May—no experience necessary and all materials provided!

1st & 3rd Thursday/ month

5:00 pm – 6:00 pm

No class on June 20.



Bring Your Parent to Play Day

Creating with a variety of different art supplies allows for combined creations that involves working together while building your masterpieces. Playing and having fun while getting messy is the key!

For children ages 5-12 and their parents, guardians or other adult family members!

Thursday, May 23

6:30 pm – 7:30 pm

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 11:30 – 12:30 Hatha Yoga</p>	<p>2 10 – 12 Knitting & Crocheting 10 – 11 Wellness Qigong 11:30 – 12:30 Wellness Qigong 12:30 – 2:30 Sewing & Quilting</p>	<p>3 10 – 12 Clubhouse Bake 11:30 – 12:30 Mindful Pilates 1 – 3 Facing Forward Support</p>	<p>4 10 – 3 Projects with a Purpose 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 5 – 6 Young Yogis 6:30 – 8 Living with Chronic Support 6:30 – 8 Family and Friends with Chronic Support</p>	<p>5 10 – 12 Community Drumming 10 – 11:30 Goal Setting-Monthly Check In</p>
<p>8 11:30 – 12:30 Hatha Yoga 1 – 3 Encaustic Painting 1:15 – 3:15 Family & Friends Support 1:15 – 2:30 Circle of Life Support</p>	<p>9 10 – 12 Knitting & Crocheting 10 – 11 Wellness Qigong 11:30 – 12:30 Wellness Qigong 12:30 – 2:30 Sewing & Quilting</p>	<p>10 10 – 12 Clubhouse Bake 11:30 – 12:45 Yoga During Cancer Treatment 12 – 2 Cooking for One 1:30 – 3 Adult Cancer Support</p>	<p>11 11 – 1 Cultivating joy, mindfulness and self-care 1/5 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 6 – 8 Encaustic Painting 6 – 8 Living with Loss Support 6:30 – 8 Young Adult Cancer Support 6:30 – 8 Men's Social Circle</p>	<p>12 10 – 12 Community Drumming</p>
<p>15 11:30 – 12:30 Hatha Yoga</p>	<p>16 10 – 12 Knitting & Crocheting 12:30 – 2:30 Sewing & Quilting 1 – 2 Mindfulness Practice for Beginners</p>	<p>17 10 – 12 Clubhouse Bake 11:30 – 12:30 Mindful Pilates 1 – 2:30 Breast Cancer Networking 1 – 3 Facing Forward Support 1 – 3 Printmaking 201</p>	<p>18 11 – 1 Homemade Card Class 11 – 12:30 Blood Cancer Networking 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 5 – 6 Young Yogis 6 – 8 Irises</p>	<p>19 CLOSED Good Friday</p>
<p>22 11:30 – 12:30 Hatha Yoga 1:15 – 3:15 Family & Friends Support 1:15 – 2:30 Circle of Life Support</p>	<p>23 10 – 12 Knitting & Crocheting 12:30 – 2:30 Sewing & Quilting 1:30 – 3 Moving Beyond Treatment: Recorded Webinar and Discussion</p>	<p>24 10 – 12 Clubhouse Bake 11 – 1 Love Your Guts 1:30 – 3 Adult Cancer Support</p>	<p>25 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 5:30 – 7 Colon-Rectal Cancer Networking Group 6 – 8 Living with Loss Support 6:30 – 8 Young Adult Cancer Support 6:30 – 7:30 Bra and Breast Prosthetic Fitting 6:30 – 8 Men's Social Circle</p>	<p>26 10 – 12 Community Drumming 12 – 1 New Member Networking</p>
<p>29 11:30 – 12:30 Hatha Yoga</p>	<p>30 10 – 12 Knitting & Crocheting 10 – 11 Wellness Qigong 11:30 – 12:30 Wellness Qigong 12:30 – 2:30 Sewing & Quilting 1 – 2 Mindfulness Practice for Beginners</p>			

Monday

Tuesday

Wednesday

Thursday

Friday



1
10 – 12 Clubhouse Bake
11:30 – 12:30 Mindful Pilates
1 – 3 Facing Forward Support

2
10 – 3 Projects with a Purpose
1 – 3 Coffee Talk
1:15 – 2:15 Slow Flow Yoga
5 – 6 Hatha Yoga
5 – 6 Young Yogis
6:30 – 8 Living with Chronic Support
6:30 – 8 Family and Friends with Chronic Support

3
10 – 12 Community Drumming
10–12 PA Day Movie Screening

6
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga
1 – 2 Easy & Nutritious Breakfast Cooking Class
1 – 3 Encaustic Painting

7
10 – 12 Knitting & Crocheting
10 – 11 Wellness Qigong
11:30 – 12:30 Wellness Qigong
12:30 – 2:30 Sewing & Quilting

8
10 – 12 Clubhouse Bake
11:30 – 12:45 Yoga During Cancer Treatment
12 – 1:30 Breast Cancer: Lifestyle Topics
1:30 – 3 Adult Cancer Support

9
11 – 1 Cultivating joy, mindfulness and self-care 2/5
1 – 3 Coffee Talk
6 – 8 Encaustic Painting
6 – 8 Living with Loss Support
6:30 – 8 Young Adult Cancer Support
6:30 – 8 Men's Social Circle

10
10 – 12 Community Drumming
10 – 11:30 Goal Setting- Monthly Check In

13
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga
1:15 – 3:15 Family & Friends Support
1:15 – 2:30 Circle of Life Support

14
10 – 12 Knitting & Crocheting
10 – 11 Wellness Qigong
11:30 – 12:30 Wellness Qigong
12:30 – 2:30 Sewing & Quilting
1 – 2 Mindfulness Practice for Beginners
6 – 8 Evening of Remembrance

15
10 – 12 Clubhouse Bake
11:30 – 12:30 Mindful Pilates
1 – 2:30 Breast Cancer Networking
1 – 3 Facing Forward Support

16
11 – 12:30 Blood Cancer Networking
1 – 3 Coffee Talk
1:15 – 2:15 Slow Flow Yoga
5 – 6 Hatha Yoga
5 – 6 Young Yogis
6 – 8 Paint Night

17
10 – 12 Community Drumming
10 – 12 Wildflower Sketches

20
CLOSED
Victoria Day

21
10 – 12 Knitting & Crocheting
10 – 11 Wellness Qigong
11:30 – 12:30 Wellness Qigong
12:30 – 2:30 Sewing & Quilting

22
10 – 12 Clubhouse Bake
1:30 – 3 Adult Cancer Support

23
11 – 1 Cultivating joy, mindfulness and self-care 3/5
1 – 3 Coffee Talk
1:15 – 2:15 Slow Flow Yoga
5:30 – 7 Colon-Rectal Cancer Networking Group
6 – 8 Living with Loss Support
6:30 – 7:30 Bring Your Parent to Play Day
6:30 – 8 Young Adult Cancer Support
6:30 – 8 Men's Social Circle

24
10 – 12 Community Drumming

27
10 – 11 Gilda's Walkers
11:30 – 12:30 Hatha Yoga
12:30 – 2:30 Tidying Up: Making Space for What Matters
1:15 – 3:15 Family & Friends Support
1:15 – 2:30 Circle of Life Support

28
10 – 12 Knitting & Crocheting
10 – 11 Wellness Qigong
11:30 – 12:30 Wellness Qigong
12:30 – 2:30 Sewing & Quilting
1 – 2 Mindfulness Practice for Beginners

29
10 – 12 Clubhouse Bake
11:30 – 12:30 Mindful Pilates
1 – 3 Stone Carving

30
1 – 3 Coffee Talk
1:15 – 2:15 Slow Flow Yoga
5:30 – 7 Your Career After Cancer
7 – 8 New Member Networking

31
10 – 12 Community Drumming
12 – 1:30 Naturally Reduce Pain and Improve Sleep

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 10 – 11 Gilda’s Walkers 11:30 – 12:30 Hatha Yoga 1 – 3 Encaustic Painting 2:30 – 4 Survivorship: Living with, Through & Beyond Breast Cancer</p>	<p>4 10 – 12 Knitting & Crocheting 10 – 11 Wellness Qigong 11:30 – 12:30 Wellness Qigong 12:30 – 2:30 Sewing & Quilting 1 – 2 Mindfulness Practice for Beginners</p>	<p>5 10 – 12 Clubhouse Bake 11:30 – 12:45 Yoga During Cancer Treatment 1 – 3 Facing Forward Support</p>	<p>6 10 – 3 Projects with a Purpose 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 5 – 6 Young Yogis 5 – 6 Hatha Yoga 6 – 8 Encaustic Painting 6:30 – 8 Living with Chronic Support 6:30 – 8 Family and Friends with Chronic Support</p>	<p>7 10 – 12 Community Drumming</p>
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<p>24 10 – 11 Gilda’s Walkers 11:30 – 12:30 Hatha Yoga 1:15 – 3:15 Family & Friends Support 1:15 – 2:30 Circle of Life Support</p>	<p>25 10 – 12 Knitting & Crocheting 10 – 11 Wellness Qigong 11:30 – 12:30 Wellness Qigong 12:30 – 2:30 Sewing & Quilting 1 – 2:30 Good Grief: A Workshop About Bereavement</p>	<p>26 10 – 11 New Member Networking 10 – 12 Clubhouse Bake 1:30 – 3 Adult Cancer Support</p>	<p>27 11 – 1 Cultivating joy, mindfulness and self-care 5/5 1 – 3 Coffee Talk 1:15 – 2:15 Slow Flow Yoga 6 – 8 This Land of Ours 5:30 – 7 Colon-Rectal Cancer Networking Group 6 – 8 Living with Loss Support 6:30 – 8 Young Adult Cancer Support 6:30 – 8 Men’s Social Circle</p>	<p>28 10 – 12 Community Drumming</p>



Find Us



An Affiliate of the
CANCER SUPPORT COMMUNITY

10 Quarry Ridge Road
Barrie, Ontario L4M 7G1

Tel 705-726-5199

Fax 705-726-7101

program@gildasclubsimcoemuskoka.org

Clubhouse

Hours of Operation

Monday 10:00 am – 3:30 pm

Tuesday 10:00 am – 3:30 pm

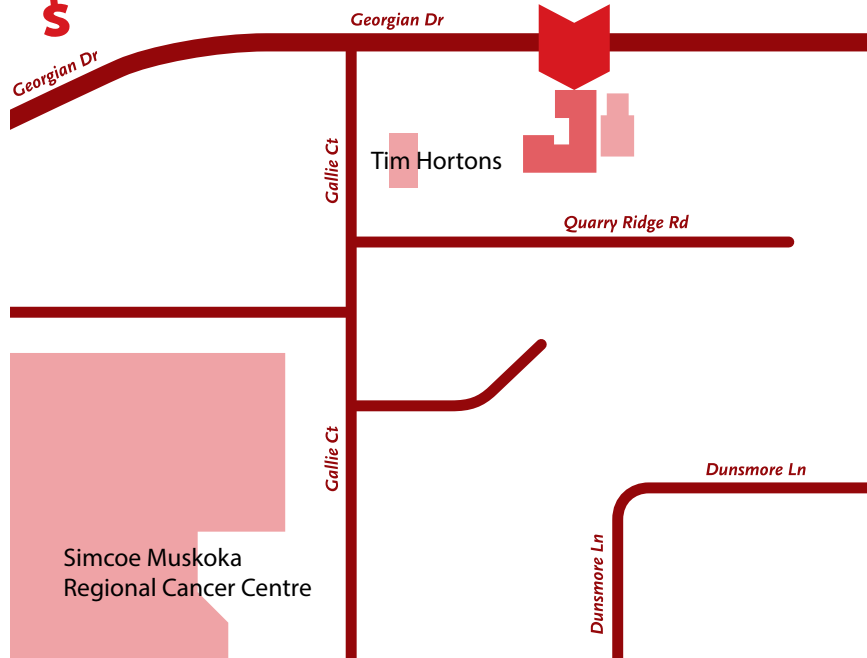
Wednesday 10:00 am – 3:30 pm

Thursday 10:00 am – 8:30 pm

Friday 10:00 am – 1:00 pm

Saturday CLOSED

Sunday CLOSED



Follow us



@GildasClubSM



facebook.com/gildasclub



4 Alliance Blvd., Unit 8
Barrie, Ontario L4M 5J1
705.722.7709
info@northernprintworx.com
www.northernprintworx.com



greasyjungledesign@gmail.com