



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



PROGRAM CALENDAR

March, April &
May 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

MEMBER INFORMATION!

To become a Member at Gilda's Club Simcoe Muskoka you must register for a Group Orientation. Our Orientation sessions run every Wednesday from 3:00-4:00pm. There is no cost to be a Member at Gilda's Club due to the generous support of our community! We provide professional level psychosocial and emotional support to all individuals and families currently impacted by cancer. *All ages, stages, genders and types of cancer diagnosis welcome!*

Registration is required for any program you wish to attend. This helps us appropriately plan for materials & room set up, keep accurate waiting lists, and so we may contact you in case of any last minute 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 email **program@gildasclubsm.org**

Registration opens 4 weeks in advance for most programs, except for Qigong Yoga which opens 2 weeks in advance.

Please do not come to the Clubhouse if you are feeling unwell! We are very thoughtful of not spreading germs, and be respectful to anyone who may enter the building whether it be staff, volunteers, Members, or the community.

Hours of Operation for March, April & May 2025

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

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

March 6th, March 7th, April 18th, & May 19th

Follow us on Social Media on:

Instagram @Gildasclubsm or Facebook at 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.

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 11am-12pm IN-PERSON

Pilates

Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, & overall wellness.

Every Friday from 2-3pm VIRTUAL

Walking Group

Join us in our walking group. This group is weather dependant and will be canceled 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 other Thursday from 9-10am IN-PERSON

Movement Classes



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 Friday: Session A from 10-11am 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 10-11am 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 5th, 19th, April 2nd, 16th, May 7th and 21st from 10:30-11:30am IN-PERSON

Thursday March 20th, April 17th, and May 22nd from 6:30-7:30pm IN-PERSON

iRest Meditation Class ****NEW****

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 nourishes noble qualities such as joy, peacefulness, empathy, forgiveness, patience and loving kindness toward yourself and others. 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 March 27th, April 24th May 29th 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 massage.

**March 4th, April 4th and May 6th 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.

**Every other Tuesday from 11am -12pm
Starting March 11th 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 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.

Living with Advanced Cancer Support Group

A virtual Support Group for individuals living with stage 4 cancer diagnosis. For individuals who are recently diagnosed to 18 months out of treatment.

Every other Monday 1:30-2:30pm VIRTUAL Facilitator: Taylor

In person meeting on April 23rd from 3-4pm *No Group May 12th****

Facing Forward Support Group (2 Groups)

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.

**Group A:
Every First & Third Wednesday
1-2:30pm VIRTUAL
Facilitators: Shannon & Taylor**

**Group B:
Every Second & Fourth Wednesday
1-2:30pm VIRTUAL
Facilitators: Christine & Riya**

Family and Friends Support Group (2 Groups)

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.

**Group A: Every Second & Fourth Monday
6:00pm - 7:00pm VIRTUAL Facilitator: Madison**

**Group B: Every other Thursday
2-3:30PM IN-PERSON Facilitator: Taylor**

Living with Cancer Support Group (2 Groups)

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.

**Group A: Every other Friday
10:30am-12pm IN-PERSON
Facilitator: Jess**

**Group B: One Thursday per month
6-7pm IN-PERSON
Facilitator: Carling**

Grief and Loss Support Group - 6 Session Series

An in-person Support Group for individuals who have had person in their life die from cancer. For persons who are recently bereaved and up to 18 months post-bereavement.

Every First & Third Monday from 6:30-8pm IN-PERSON

Facilitator: Madison *New Members welcome to join throughout series*****

Gilda's Club Community Support Group

****NEW****

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.

**First Thursday of the month
from 10:30-11:30am. IN-PERSON**

Facilitator: Madison **No Group in March*****

Caregivers Support Group **NEW******

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.

**One Saturday per month
Saturday March 15th, April 12th, May 24th
from 11am-12pm IN-PERSON**

Facilitator: Tamara

Networking Groups



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.

Second Wednesday of each Month from 10:30am-12pm IN-PERSON Facilitator: Jess

Breast Cancer Networking Group (2 Groups)

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.

Group A:

One Monday per month

7-8:00pm VIRTUAL

Facilitator: Tamara

Group B:

Every other Friday

10:30am-12pm IN-PERSON

Facilitator: Taylor

******No Group March 7 or April 18*****

Queer Community Networking Group (2 Groups)

An in-person Support Group for individuals who are impacted by cancer and identifies as a part of the 2SLGBTQ+ community. This group is open to individuals who have a cancer diagnosis, support people, survivors, and bereaved.

One Thursday per month

6-7pm IN-PERSON

Facilitator: Theresa

Support & Networking Groups are a chance for Members to talk, find mutual support and share wisdom with others who understand. You must be a registered Member to attend a Support or Networking Group as these are facilitated by a mental health professional. Contact the Program Team if these are of interest to you!

Educational Workshops



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.

March: General Food & Nutrition.

April: Anti-inflammatory Eating with a food demo on Smoothies.

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

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

Monday March 3rd, Tuesday April 1st, & May 6th from 2-3:30pm IN-PERSON

Educational Workshops



Living with Uncertainty

Frankly Speaking About Cancer: Living with Uncertainty. The Cancer Support Community invites people living with uncertainty to this workshop that discusses common challenges and worries, mental health and cancer, acknowledging the known and unknown and what's next.

Tuesday May 27th 2-3:30pm IN-PERSON

Push the Pause Button ****NEW****

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.

Tuesday April 29th from 2-3:30pm VIRTUAL

Body in Balance: An Introduction to Somatic Processing ****NEW****

An introduction to the concepts and practices of somatic processing - a powerful approach that emphasizes how physical sensations, bodily awareness, and movement can help process and release stored emotions and stress. Explore the connections between mind, body, and emotion.

Participants will gain a foundational understanding of how these ideas can support emotional well-being during times of uncertainty, grief, or healing. Through interactive activities, attendees will learn simple, practical techniques to tune into their body's wisdom, regulate stress, and create a greater sense of balance and connection.

Whether you're navigating a cancer diagnosis, supporting a loved one, or seeking tools for self-care, this workshop provides a gentle, supportive introduction to using the body as a resource. No prior experience is necessary - just an open mind and a willingness to explore .

Thursday May 1st 3:30-5pm IN-PERSON

The Waiting Room: Navigating Uncertainty, Testing, and Early Cancer Care ****NEW****

This 1.5 hour workshop provides 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.

Tuesday April 8th, May 20th from 2-3:30pm IN-PERSON

Creative Expression Classes



Mindful Collaging ****NEW****

Join us for a three-part class where you'll engage in the mindful art of collaging, supported by Program Staff and fellow Members. This creative process invites you to connect with your emotions, whether they reflect your current state or past experiences. By cutting out words, images, and phrases that resonate with you, you'll arrange them on your poster board in a way that expresses and reflects your feelings. Throughout each session, we'll incorporate mindfulness exercises helping you stay present and focused as you explore the connection between creativity and emotional awareness.

Thursday April 3rd, 10th, & 17th from 2-3pm 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 12-3pm IN-PERSON

****No class on April 8th or May 6th****

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.

Friday March 28th, April 25th, Thursday May 29th from 3-4pm IN-PERSON

Art Class with Kim

Gesture Drawing & Wire Sculpture

Join us for an active art session which will focus on human form and movement. We will begin by experimenting with gesture drawing sketches which will be used as inspiration to create unique wire sculptures.

Thursday March 13th from 6-8pm IN-PERSON

Monet's Japanese Bridge

Participants will create their own vision of Claude Monet's Japanese bridge which is located in Giverny, France. This workshop will also include a discussion about Impressionism and Monet's work.

Tuesday April 8th from 1-3pm IN-PERSON

Flower Power

May flowers are here in the Clubhouse! We will take inspiration from American artist Georgia O'Keeffe as we create floral images using acrylic paints. Be prepared for "BIG" results!

Thursday May 15th from 1-3pm IN-PERSON

Gilda's Crafting Corner ****NEW****

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 1-4pm IN-PERSON

Choir

Songs from musicals, classical repertoire or anything in between: come see what the choir is like with Alisa who has 25 years' experience teaching vocal groups.

Every Thursday from 10-11am IN-PERSON

*****No Choir March 6th****

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 Monday from 11am-12pm VIRTUAL

Floral Arrangement Class with Forgather Floral **** NEW****

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 2nd from 12-1pm IN-PERSON

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 March 18th, April 15th, May 20th from 1-2pm IN-PERSON

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

Tuesday March 4th, April 1st, & May 6th from 1-2pm 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 6-7pm VIRTUAL

Fourth Thursday of each month from 6 -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.

March 20th, April 17th & May 29th from 6-7pm 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 Friday of each month from 12:30-2:30pm IN-PERSON **The Fourth Friday in April**

Soup Social: With the cold weather leaving us and as we enter Spring, visit the Clubhouse for a combination warm soup and warm conversation. These are the final soup socials until the Fall Calendar. **March 4th & 18th from 11am-2pm 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**

Cooking Classes: This Cooking class at Gilda's is back by request. Come make a new recipe with Mirella in our kitchen! **Thursday March 13th and April 10th from 11am-1:00pm IN-PERSON**

Fireside Chats: Come join our Members for a weekly social in our Clubhouse community room. Grab some coffee or tea, some snacks, 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 May 28th****

New Member Welcome Social: We want 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 the month from 1:30-3pm 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 then this is especially for you!

Thursday May 8th from 1-3pm IN-PERSON

Open Member Meeting: All Members are welcome to this new initiative at Gilda's Club meet with Program staff quarterly as we want your input and support in creating Member related programs. **May 28th from 10-11am IN-PERSON**

MARCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer </p> <p>2pm Nutrition Workshop 6:30 Grief & Loss Support</p>	<p>10am Shinsei Wellness 11am Soup Social 12pm Sewing & Quilting 1pm Trivia 1-4pm Massage Therapy</p>	<p>10am Fireside Chats 10:30am Energy Balancing Sound Bath 1pm Cards 1pm Facing Forward A 3pm Group Orientation</p>	<p>Clubhouse Closed </p>	<p>Clubhouse Closed </p>
<p>11am Hatha Yoga 11am Journalling 1pm Gilda's Crafting Corner 6pm Family & Friends A </p>	<p>10am Shinsei Wellness 11am Line Dancing 12pm Sewing & Quilting</p>	<p>10am Fireside Chats 10:30am Blood Cancer Networking 1pm Cards 1pm Facing Forward B 3pm Group Orientation</p>	<p>10am Choir 11am Cooking Class 2pm Family & Friends Support B 6pm Art Class with Kim 6pm Men Connect </p>	<p>10am Qigong A 11:30am Qigong B 10:30am Living with Cancer A 2pm Pilates </p>
<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer 6:30 Grief & Loss Support</p>	<p>10am Shinsei Wellness 11am Soup Social 12pm Sewing & Quilting 1pm BINGO</p>	<p>10am Fireside Chats 10:30am Energy Balancing Sound Bath 1pm Cards 1pm Facing Forward A 3pm Group Orientation</p>	<p>10am Choir 6pm Post Treatment Connect 6pm Living with Cancer B 6:30pm Energy Balancing Sound Bath</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Breast Cancer Networking B 12:30pm Book Club 2pm Pilates </p>
<p>11am Hatha Yoga 11am Journalling 6pm Family & Friends A 7pm Breast Cancer Networking Group A </p>	<p>10am Shinsei Wellness 11am Line Dancing 12pm Sewing & Quilting</p>	<p>10am Fireside Chats 1pm Cards 1pm Facing Forward B 3pm Group Orientation</p>	<p>10am Choir 1:30pm New Member Welcome Social 2pm Family & Friends Support B 6pm Men Connect 6pm Queer Community Networking 6:30pm iRest Meditation Class</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Living with Cancer A 2pm Pilates 3pm Art for Wellbeing</p>
<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer </p>				

APRIL



Qigong Hybrid Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11am Hatha Yoga</p> <p>11am Journalling </p> <p>6:30pm Grief & Loss Support</p>	<p>10am Shinsei Wellness</p> <p>12pm Sewing & Quilting</p> <p>1pm Trivia</p> <p>2pm Nutrition Workshop</p>	<p>10am Fireside Chats</p> <p>10:30am Energy Balancing Sound Bath</p> <p>12pm Floral Arrangement class</p> <p>1pm Cards</p> <p>1pm Facing Forward A </p> <p>3pm Group Orientation</p>	<p>9am Walking Group</p> <p>10am Choir</p> <p>10:30am GCSM Community Support Group</p> <p>2pm Mindful Collaging Part 1</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Breast Cancer Networking B</p> <p>1-4pm Massage Therapy</p> <p>2pm Pilates </p>
<p>11am Hatha Yoga</p> <p>11am Journalling </p> <p>6:30pm Grief & Loss Support</p>	<p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</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>10am Choir</p> <p>11am Cooking Class</p> <p>2pm Family & Friends Support B</p> <p>2pm Mindful Collaging Part 2</p> <p>6pm Men Connect </p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Living with Cancer A</p> <p>2pm Pilates </p>
<p>11am Hatha Yoga</p> <p>1pm Gilda's Crafting Corner</p> <p>1:30pm Living with Advanced Cancer </p> <p>6pm Family & Friends A </p>	<p>10am Shinsei Wellness</p> <p>12pm Sewing & Quilting</p> <p>1pm BINGO</p>	<p>10am Fireside Chats</p> <p>10:30am Energy Balancing Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward A </p> <p>3pm Group Orientation</p>	<p>9am Walking Group</p> <p>10am Choir</p> <p>2pm Mindful Collaging Part 3</p> <p>6pm Living with Cancer B</p> <p>6pm Post Treatment Connect</p> <p>6:30pm Energy Balancing Sound Bath</p>	<p>Clubhouse Closed</p> <p></p>
<p>11am Hatha Yoga</p> <p>11am Journalling </p> <p>6:30pm Grief & Loss Support</p> <p>7pm Breast Cancer Networking Group A </p>	<p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</p>	<p>10am Fireside Chats</p> <p>1pm Cards</p> <p>1pm Facing Forward B </p> <p>3pm Living with Advanced Cancer (In-Person Meeting)</p>	<p>10am Choir</p> <p>1:30pm New Member Welcome Social</p> <p>2pm Family & Friends Support B</p> <p>6pm Men Connect</p> <p>6pm Queer Community Networking</p> <p>6:30pm iRest Meditation</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Living with Cancer A</p> <p>12:30pm Book Club</p> <p>2pm Pilates </p> <p>3pm Art for Wellbeing</p>
<p>11am Hatha Yoga</p> <p>1:30pm Living with Advanced Cancer </p> <p>6pm Family & Friends A </p>	<p>10am Shinsei Wellness</p> <p>12pm Sewing & Quilting</p> <p>2pm Push the Pause Button </p>	<p>10am Fireside Chats</p> <p>1pm Cards</p> <p>3pm Group Orientation</p>		

MAY



Virtual Program

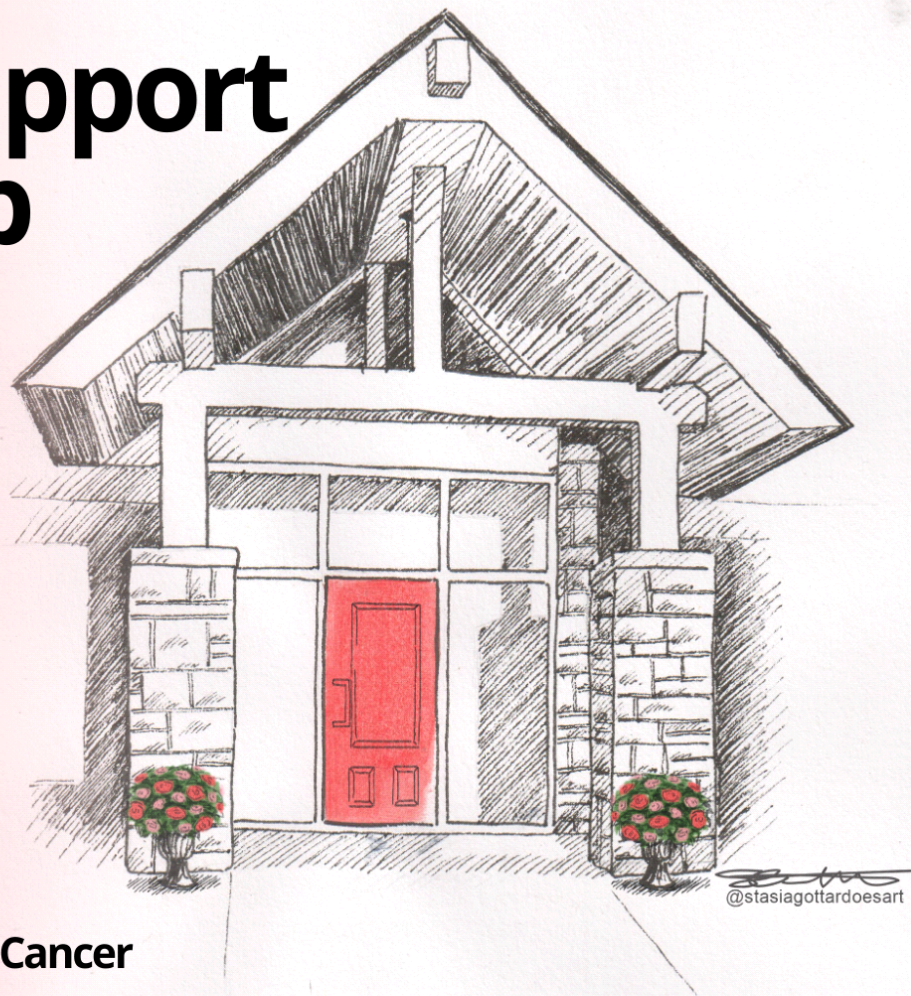


Qigong Hybrid Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11am Hatha Yoga</p> <p>11am Journalling ☐</p> <p>6:30 Grief & Loss Support</p>	<p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</p> <p>1pm Trivia</p> <p>1-4pm Massage Therapy</p> <p>2pm Nutrition Workshop</p>	<p>10am Fireside Chats</p> <p>10:30am Energy Balancing Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward A ☐</p> <p>3pm Group Orientation</p>	<p>9am Walking Group</p> <p>10am Choir</p> <p>10:30am GCSM Community Support Group</p> <p>3:30pm Body in Balance</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Breast Cancer Networking B</p> <p>2pm Pilates ☐</p>
<p>11am Hatha Yoga</p> <p>1pm Gilda's Crafting Corner</p> <p>6pm Family & Friends A ☐</p>	<p>10am Shinsei Wellness</p> <p>12pm Sewing & Quilting</p>	<p>10am Fireside Chats</p> <p>10:30am Blood Cancer Networking</p> <p>1pm Cards</p> <p>1pm Facing Forward B ☐</p>	<p>9am Walking Group</p> <p>10am Choir</p> <p>1pm Art Class with Kim</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Breast Cancer Networking B</p> <p>12:30pm Book Club</p> <p>2pm Pilates ☐</p>
<p>Clubhouse Closed for 19</p> <p>Victoria Day</p> 	<p>10am Shinsei Wellness</p> <p>11am Line Dancing</p> <p>12pm Sewing & Quilting</p> <p>1pm BINGO</p> <p>2pm The Waiting Room Workshop</p>	<p>10am Fireside Chats</p> <p>10:30am Energy Balancing Sound Bath</p> <p>1pm Cards</p> <p>1pm Facing Forward A ☐</p> <p>3pm Group Orientation</p>	<p>10am Choir</p> <p>2pm Family & Friends Support B</p> <p>6pm Men Connect</p> <p>6pm Living with Cancer B</p> <p>6:30pm Energy Balancing Sound Bath</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Living with Cancer A</p> <p>2pm Pilates ☐</p>
<p>11am Hatha Yoga</p> <p>1:30pm Living with Advanced Cancer ☐</p> <p>6pm Family & Friends A ☐</p> <p>7pm Breast Cancer Networking Group A ☐</p>	<p>10am Shinsei Wellness</p> <p>12pm Sewing & Quilting</p> <p>2pm Living with Uncertainty Workshop</p>	<p>10am Open Member Meeting</p> <p>1pm Cards</p> <p>1pm Facing Forward B ☐</p> <p>3pm Group Orientation</p>	<p>9am Walking Group</p> <p>10am Choir</p> <p>1:30pm New Member Welcome Social</p> <p>3pm Art for Wellbeing</p> <p>6pm Post Treatment Connect</p> <p>6pm Queer Community Networking</p> <p>6:30pm iRest Meditation</p>	<p>10am Qigong A</p> <p>11:30am Qigong B</p> <p>10:30am Breast Cancer Networking B</p> <p>2pm Pilates ☐</p>

Ways to Support Gilda's Club Simcoe Muskoka!

Support us by being a
Gilda's Giver, Volunteer
or Hosting a Fundraiser!



Community is **STRONGER** than Cancer

BECOMING A GILDA'S GIVER

Monthly giving is crucial for Gilda's Club, because it provides a consistent and predictable income stream, allowing us to sustain our programs and initiatives over time.

VOLUNTEER

By generously giving their time and talents to our Members, our volunteers help build a stronger cancer community. We aim to engage each and every volunteer with a meaningful and rewarding experience, whether they are a regular Clubhouse volunteer or someone who joins us occasionally at signature fundraising events.

HOST A FUNDRAISER

Discover how anything can be a fundraiser in support of your Gilda's Club, and how hosting a third-party event helps us raise awareness and funds of our free Cancer Support Program. You can also collaborate with Gilda's Club on our Signature Events and join us as a key community partner.

Find out more

<https://gildasclubsimcoemuskoka.org/ways-to-give/>



We are an affiliate of Cancer Support Community and Gilda's Club Worldwide
Cancer Support Helpline @ 1-888-793-9355 www.mylifeline.org
Phone: 705-726-5199 Email: Program@gildasclubsimcoemuskoka.org