

### **Wood Door Mats with Lee Valley Tools**

*April 16<sup>th</sup>; 2:00pm*

We welcome back Lee Valley Tools to lead participants in making a wooden door mat perfect for their home or garden. Participants will be guided step-by-step to assemble some a new and trendy home décor. Space is very limited.

### **Springtime Acrylics on Canvas**

*April 18<sup>th</sup>; 1:30pm*

Join AiM regular artist Lori Burke as she guides you through a springtime-inspired creation using acrylic paints on canvas – the perfect gift for yourself or a friend. No experience needed!

### **Introduction to the Spirit Drum and a Musical Contemplative Practice (Part I)**

*April 19<sup>th</sup>; 10:30am*

This hands-on and informational class introduces you to the Spirit Drum, a handmade tongue drum that offers a tool for building a contemplative practice, relaxation, and music-making. It will also include steps for establishing your own creative practice with a follow-up check-in next month. Participants are welcome to bring instruments suitable for their future practice.

### **Downtown St. Catharines: Work and Play**

*April 23<sup>rd</sup>; 1:30pm*

Sara from the St. Catharines Museum leads participants in exploring local landmarks in downtown St. Catharines throughout our City's history. Through photographs and postcards from different eras and fun stories about some of our favourite places, past and present, you're invited to share: *What's your favourite place in Downtown St. Catharines?*

### **Mother's Day and Every Day Greeting Cards**

*April 30<sup>th</sup>; 2:30pm*

Join us to create handmade Mother's Day cards or cards for no other reason than saying hello, thank you, or 'I think you're great'. Bring photos and mementos, and use our scrapbooking embellishments, stamps, and other materials for your own stockpile of customized cards.

### **Co-Music Lessons**

*Please contact for details*

Are you interested in learning a musical instrument, or are interested in playing socially? AiM can provide basic music instruction or social sessions in a co-facilitated environment. Please contact Laurie with your requests. Private or group opportunities are available.

### **AiM Waiting Room Events**

#### **Arts Live in the Waiting Room**

Workshops, artists, and musicians are featured at select times in the waiting rooms. See the calendar for this month's highlights. We're always seeking new ideas – requests/referrals welcome!

#### **Creativity Cart**

A cart filled with engaging activities wheels through waiting and treatment areas at select times. Patients and caregivers can also request a visit. It includes knitting, crosswords, card-making, fabric painting, music, origami, and more.

#### **Arts-on-Call: Private Appointments and During Chemotherapy**

Customized AiM appointments are available for patients and caregivers, providing creative or social experiences. Options include one-time or ongoing projects, and can accommodate individuals or groups. Arts-on-Call appointments can also occur during chemotherapy to help pass the time. Ask your team or contact Laurie to book an appointment.

#### **Call to Artists**

Are you an emerging or established painter, photographer, mixed media, or other visual artist? We are looking to expand our art collection. If you or someone you know may be interested in taking part in our Art on Loan program, please contact Laurie at the information below.

#### **Contact**

For questions or registration, contact **Laurie Sadowski, Arts in Medicine Coordinator, at 905-378-4647, x.49241.**

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Walker Family Cancer Centre

## **arts in medicine**

**April 2019**

### **AiM Pre-Registered Classes**

Pre-registration is required for all classes to secure your spot – space is limited. All classes are FREE and open to patients, family, friends, caregivers.

**Registration and questions can be directed to Laurie Sadowski, Arts in Medicine Coordinator, at 905-378-4647, x. 49241.**

#### **Book Club – New Books Starting Regularly!**

*April 15<sup>th</sup>, 29<sup>th</sup>; 10:00am*

Do you like to read and engage in insightful discussion with like-minded folks? Call Laurie to find out the next book pick! Physical or e-copies can be provided with advance notice.

#### **Springtime Floral Arranging**

*April 10<sup>th</sup>; 1:30pm*

The Garden Club of Niagara is back for our April workshop featuring springtime arrangements. This fresh floral class provides step-by-step guidance for making a beautiful, bright centerpiece perfect for Spring. Space is limited!

#### **'Evaluation': Acrylics on Canvas**

*April 11<sup>th</sup>; 2:00pm*

Local artist Evelyn Bailey will lead participants in a unique artist process that includes focused intentions and setting a vision, followed by using art techniques and painting on canvas to create visual anchors for individuals as a reminder of our dreams, desires and aspirations.

# WFCC arts in medicine

# April 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 1:30pm: <b>Springtime Floral Arranging</b> (CON)	11 2:00pm: <b>'Evaluation': Acrylics on Canvas with Evelyn Bailey</b>	12	13
14	15 10:00am: <b>Book Club</b> (O)	16 2:00pm: <b>Wood Door Mats with Lee Valley Tools</b> (CON)	17	18 1:30pm: <b>Spring-Inspired Acrylics on Canvas with Lori Burke</b>	19 10:30am: <b>Intro to Spirit Drum and a Musical Contemplative Practice</b> (O)	20
21	22 Easter Monday – no AiM programs	23 2:00pm: <b>St. Catharines Museum presents "Downtown St. Catharines: Work and Play"</b> (CON)	24	25	26 11:00pm: <b>Rug-Hooking</b> (Part I) (RAD)	27
28	29 10:00am: <b>Book Club</b> (O)	30 2:30pm: <b>Mother's Day and Every Day Greeting Cards</b> (REG)				

Legend: CON = Large conference room    REG = Board room behind 1<sup>st</sup> floor registration    RAD = Board room across from radiation reception    O = Other (inquire)

**Ask about AiM Participant Art Galleries and local arts/culture opportunities for patients and families.  
Call Laurie Sadowski, AiM Coordinator, at 905-378-4647, ext. 49241 to register or with requests.**

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**Coming soon: Creative Writing, Acrylics, Photography, Wreath-Making, and more!**