

crochet-style craft made by pulling loops of yarn or fabric through a stiff woven base.

Join facilitator Betty to create a custom design and start a new hobby! We welcome newcomers and projects in progress.

**St. Catharines Museum Presents:  
“Morningstar Mill and the Cultural  
History of the Surrounding Area”**

*August 22<sup>nd</sup> at 1:30pm*

Facilitator Carla Mackie, Historical Services Coordinator at the City of St. Catharines, will guide you in exploring the unique story of the mill and the life and times of Morningstars who lived and worked at Decew Falls from 1883-1933.

**Paint Your Partner**

*August 26<sup>th</sup> at 1:30pm*

Join us in this fun, instructor-led class to paint a portrait of a friend or fellow participant. Local artist Quin will lead you in techniques and exploring colour, and texture with acrylics and creativity. No experience needed – just plan to paint and socialize!

**Crocheting for Beginners - Dishcloths**

*August 29<sup>th</sup> at 1:30pm*

Whether you love to crochet or want to learn a new hobby, this class will cover the basics to create a colourful dishcloth perfect for gift giving or your own use. Join artisan Anna in leading you through step-by-step -- no experience needed!

**AiM Waiting Room Events**

**Arts Live in the Waiting Room**

Artists and musicians are featured at select times in the waiting rooms. See the calendar for highlights. 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. These creative or social experiences include one-time or ongoing projects and can accommodate individuals or groups. Appointments can also occur during chemotherapy to help pass the time. Ask your team or contact Laurie to book an appointment.

**Summer Break for Kids**

If your children will be accompanying you to the WFCC, you can contact Laurie to arrange an appointment for a creative adventure while you receive treatment. Kids are also welcome to participate in most workshops.

**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.

**Contact**

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

**niagarahealth**

Extraordinary Caring. Every Person. Every Time.

Walker Family Cancer Centre

**arts in medicine**

**August 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.

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

**Open Painting**

*August 13<sup>th</sup> at 1:30pm*

Love to paint? Whether you want to start a new project or work on something in progress, join our open painting class to enjoy each other's company, paint, relax, and ask for a critical eye (optional!) Materials provided All are welcome.

**Meditation and Gentle Yoga**

*August 15<sup>th</sup> at 1:30pm*

Local yoga teacher Monique Idzenga will lead participants through a mindful meditation and gentle yoga practice providing them a space for peace and self-awareness. Take a moment to relax and breathe with others and find tranquility.

**Rug-Hooking Social Group**

*August 20<sup>th</sup> at 1:30pm*

Learn the artistry of rug-hooking, an easy

# WFCC arts in medicine

# August 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 <b>Civic Holiday WFCC Closed</b>	6	7	8	9	10
11	12	13 1:30pm: <b>Open Painting</b> (REG)	14	15 1:30pm: <b>Meditation and Gentle Yoga</b> (CON)	16	17
18	19	20 1:30pm: <b>Rug Hooking Social Group</b> (REG)	21	22 1:30pm: <b>St. Catharines Museum Presents: Morningstar Mill and the Cultural History of the Surrounding Area</b> (CON)	23	24
25 1:30pm: <b>Paint Your Partner</b> (REG)	26	27	28	29 1:30pm: <b>Crocheting for Beginners</b> (REG)	30	

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)

**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!**

**Custom appointments are available with any arts, music, craft, or other projects.**

**Ask about AiM Participant Art Galleries and local culture opportunities for patients and families.**