

stickers, cardstock, and handwriting methods to create a collage filled with memories. Printed photos (on a standard printer) or developed photos can both be used.

Group Guitar

Dates TBD – please contact for details

Whether you're a beginner, seasoned player, or restarting after a hiatus, you are welcome in our social guitar group. Instruction won't be directly provided, but shared and co-facilitated. Participants must bring their own guitar.

Hair and Skin Care with Transitions Studio

January 21st; 11:30am

Join Carlo Turavani from Transitions Studio as he discusses hair, wig, and scalp care and styling. He'll answer questions, discuss tips for the holiday season, and review products and at-home methods for every hair and skin type.

History of the Blizzard of '77

January 22nd; 1:30pm

Take a trip down a snow-covered memory lane and share your stories about the Blizzard of '77 with the St. Catharines Museum. We'll discover facts of the treacherous winter storm of 1977 that left Niagara paralyzed for days. Photos and first-hand accounts will be shared – including yours!

Mindfulness Meditation

January 24th; 2:00pm

Local yoga teacher Monique Idzenga will lead participants through a mindful meditation practice providing them a space for peace and self-awareness. Take a moment to relax and breathe with others in a quiet, tranquil atmosphere. A follow-up will occur in February.

Keepsake Boxes with Lee Valley Tools

January 29th; 2:00pm

We welcome back Lee Valley Tools to lead participants in making a keepsake box from scratch. Participants will put together the box, then decorate as desired. Space is very limited!

Chinese Watercolour Painting

January 31st; 2:00pm

Join local art teacher Joy Liu who will guide you in an one hour class on the ancient art of

Chinese watercolour. Spend a relaxing class learning how to paint a lotus flower using colour-layering, Chinese watercolour strokes, and take home a beautiful artwork.

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 established painter, photographer, 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

As we expand AiM, we look for your input. Contact **Laurie Sadowski, Arts in Medicine Coordinator, at 905-378-4647, x.49241 with questions or suggestions.**

Coming Soon

Photography, Film Music, Blog Writing, Drumming, iPad Music, and more! Call to secure your spot!

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Walker Family Cancer Centre

arts in medicine

January 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!

January 7th, 14th, 21st, and 28th; 10:00am

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

Why Do We Like Music? The Psychology of Music Listening

January 15th; 2:00pm

We know that we like music, but... why? Join this class to learn a little more about the scientific evidence of music listening and learn what music other participants love! When registering, tell Laurie your top song (she'll have a recording ready to share), and be prepared with a short explanation on why it makes you feel so good.

Photo Collages

January 17th; 1:30pm

Bring your favourite photos and learn how to create a unique photo collage using paper crafting techniques. Participants can use stamps,

WFCC arts in medicine

January 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day – WFCC Closed	2	3	4	5
6	7 10:00am: Book Club (O)	8	9	10	11	12
13	14 10:00am: Book Club (O)	15 2:00pm: Psychology of Music Listening (CON)	16	17 1:30pm: Photo Collages (RAD)	18	19
20	21 10:00am: Book Club (O) 11:00am: Arts Live in the Waiting Room, Jacob Stirpe 11:30am: Hair and Skin Care with <i>Transitions</i> (CON)	22 1:30pm: The History of the Blizzard of '77 (CON)	23	24 2:00pm: Mindfulness Meditation (CON)	25	26
27	28 10:00am: Book Club (O) 11:00am: Arts Live in the Waiting Room, Jacob Stirpe	29 2:00pm: Keepsake Boxes with Lee Valley Tools (CON)	30	31 2:00pm: Chinese Watercolor Painting with Joy Liu (REG)	Please feel free to send requests for February, March, and April programming! Contact Laurie with suggestions.	

Legend: CON = Large conference room REG = Board room behind 1st 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.**