

socialize, and paint. If the weather is inclement, the class will be indoors.

Rug-Hooking for Beginners

July 19th at 10:00am

Learn the artistry of rug-hooking, an easy crochet-style craft made by pulling loops of yarn or fabric through a stiff woven base. Join our facilitator Betty to create a basic, custom design and start a new hobby! We welcome newcomers and projects in progress.

A Tour of the St. Catharines Museum & Welland Canals Centre's Online Collection

July 25th at 1:30pm

Join the St. Catharines Museum's Collections Coordinator Anthony for an in-person online demonstration of the new portal for sharing information and images of the collections at the St. Catharines Museum and Welland Canal Centre. This will be held at the WFCC.

Ancestry Group

July 26th at 10:30am

Interested in learning about ancestry? Or have you already started the process and want to share your successes and secrets? We are restarting our ancestry group, designed for all levels in the ancestry search! Participants are encouraged to share advice, ask questions, and discuss their progress. If you're new to ancestry, we'll offer tips to get started. All are welcome.

Open Painting

July 30th at 2:00pm

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.

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. 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 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 **July 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.**

Meditation and Gentle Yoga

July 11th 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.

Summertime Floral Arranging

July 17th at 1:30pm

Join the Garden Club of Niagara in a class featuring fresh, summertime blooms to make a beautiful centerpiece for at-home décor! Come relax, socialize, and master floral arranging with a hands-on class. Perfect for gift giving, too!

Outdoor Acrylics on Canvas

July 18th at 1:30pm

Artist Lori Burke will lead participants in a summery inspired acrylics on canvas painting workshop in our relaxing outdoor space. No experience required – just come to relax,

WFCC arts in medicine

July 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day WFCC Closed 	2	3	4	5	6
7	8	9	10	11 1:30pm: Meditation and Gentle Yoga (CON)	12	13
14	15	16	17 1:30pm: Floral Arranging (CON)	18 1:30pm: Outdoor Acrylics on Canvas with Lori Burke (O)	19 10:00am: Rug-Hooking Group (RAD)	20
21	22	23	24	25 1:30pm: A Tour of the St. Catharines Museum & Welland Canals Centre's Online Collection (CON)	26 10:30am: Ancestry Group (O)	27
28	29	30 2:00pm: Open Painting (REG)	31	For the summer months, kids are able to attend most workshops, and can have a creative adventure while you're receiving treatment. Ask Laurie for details.		

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

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.