

### **Mandala Painting and Drawing**

*June 11<sup>th</sup> at 1:00pm*

Mandalas represent wholeness, balancing visual elements, and symbolizing unity and harmony. Participants will be shown how to draw and paint or colour their own mandalas on canvas or paper, or simply relax and choose from a variety of pre-drawn ones to fill-in.

### **Meditation and Gentle Yoga**

*June 13<sup>th</sup> at 2:00pm*

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.

### **Thank-You and Greeting Cardmaking**

*June 19<sup>th</sup> at 1:30pm*

Whether you want to say thanks, hello, or I love you, join our social crafty card-making class to assemble some DIY paper crafts perfect for gift-giving. Bring photos or other materials to truly personalize each one!

### **'Evalation': Acrylics on Canvas**

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

Artist Evelyn Bailey will lead participants in an artistic process that includes focused intentions and setting a vision, using art techniques to create visual anchors for individuals as a remember of our dreams, desires and aspirations.

### **St. Catharines Museum Presents 'Built Heritage in St. Catharines'**

*June 25<sup>th</sup> at 1:30pm*

The city and its built environment act as the backdrop to which we play out the story of our lives. Surely that backdrop is worth examining! Join Adrian from the St. Catharines Museum as we explore lost architecture in St. Catharines.

### **Learn to Crochet: Stash Baskets**

*June 28<sup>th</sup> at 10:00am*

Join local artisan Anna to lead you through step-by-step in crocheting a basket. No experience needed. Knitters and crocheters working on personal projects are also welcome to join for this relaxed and fun gathering to stitch and socialize.

## **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.

### **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.

### **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.

### **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**

**June 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!**

*June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> at 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.

### **Intro to Guitar (Part II and III)**

*June 5<sup>th</sup> and 12<sup>th</sup> at 1:30pm*

Whether you're sitting around a campfire or relaxing at home, you can master a few songs in just a couple of sessions! This multi-part class teaches you the basics of recreational guitar playing – no formal lessons required. Participants must supply their own guitar.

### **Rug-Hooking for Beginners**

*June 7<sup>th</sup> 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.

# WFCC arts in medicine

# June 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10:00am: <b>Book Club</b> (O)	4	5 1:30pm: <b>Intro to Guitar (Part II)</b> (O)	6	7 10:00am: <b>Rug-Hooking</b> (RAD)	8
9	10	11 1:00pm: <b>Mandala Painting and Drawing</b> (REG)	12 1:30pm: <b>Intro to Guitar (Part III)</b> (O)	13 2:00pm: <b>Meditation and Gentle Yoga</b> (CON)	14	15
16	17 10:00am: <b>Book Club</b> (O)	18	19 1:30pm: <b>Thank You and Greeting Card Making</b> (REG)	20 1:30pm: <b>'Evaluation': Acrylics on Canvas with Evelyn Bailey</b> (RAD)	21	22
23	24	25 1:30pm: <b>Built Heritage in St. Catharines</b> (CON)	26	27	28 10:00am: <b>Learn to Crochet</b> (RAD)	29
30	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 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 arts/culture opportunities for patients and families.**