

are in the final stages and would love your final flourish on our group canvas.

### **Cutlery Wind Chimes with Lee Valley Tools**

*March 14<sup>th</sup>; 2:00pm*

We welcome back Lee Valley Tools to lead participants in making wind chimes made from recycled and new cutlery. Participants will assemble and decorate their mobile just in time for the upcoming Spring season.

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

*March 15<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.

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

*March 21<sup>st</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.

### **Looking Back St. Catharines: Women in our City with the St. Catharines Museum**

*March 26<sup>th</sup>; 2:00pm*

This *Looking Back St. Catharines* program explores the rich history of prominent women in St. Catharines, learning about their unique stories, interesting lives, and impact they've made on our city.

### **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 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**

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

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# niagarahealth

Extraordinary Caring. Every Person. Every Time.

Walker Family Cancer Centre

## **arts in medicine**

### **March 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!**

*March 4<sup>th</sup>, 11<sup>th</sup>, 18<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.

### **Chakras for Beginners**

*March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>; 2:00pm*

Join Bodhi Yoga Wellness in a four-part introductory workshop to guide you in learning about the Chakra system, including an overview, along with yoga stretches and meditations that to help align and open them. Participants can join any time during the four part series.

### **Collaborative Acrylic Painting**

*March 11<sup>th</sup>; 11:00am*

Come help us finish our collaborative painting for the WFCC walls! No experience required – this abstract work includes work of patients, families, staff, volunteers, and community members. We

# WFCC arts in medicine

# March 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 10:00am: <i>Book Club</i> (O)  11:00am: Arts Live in the Waiting Room, Jacob Stirpe	5 2:00pm: <i>Chakras for Beginners – Part II of IV</i> (CON)	6	7	8	9
10	11 11:00am: Collaborative Acrylic Painting (O)  11:00am: Arts Live in the Waiting Room, Jacob Stirpe	12 2:00pm: <i>Chakras for Beginners – Part III of IV</i> (CON)	13	14 2:00pm: <i>Cutlery Wind Chimes</i> with Lee Valley Tools (CON)	15 10:30am: Introduction to the Spirit Drum and a Musical Contemplative Practice (O)	16
17	18 10:00am: <i>Book Club</i> (O)	19 2:00pm: <i>Chakras for Beginners – Part IV of IV</i> (CON)	20	21 2:00pm: 'Evaluation': <i>Acrylics on Canvas</i> with Evelyn Bailey	22	23
24	25 11:00am: Arts Live in the Waiting Room, Jacob Stirpe	26 2:00pm: <i>Looking Back St. Catharines: Women in our City</i> with the St. Catharines Museum (CON)	27	28	29	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)

**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: Floral Arranging, Acrylics, Photography, Rug Hooking, Creative Writing, and more!**