

'Evaluation': Acrylics on Canvas

May 10th; 10:00am

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 reminder of our dreams, desires and aspirations.

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

May 15th; 2:00pm

This hands-on/informational class introduces the Spirit Drum, a handmade tongue drum. It includes steps for establishing a creative contemplative practice with a June follow-up. Participants are welcome to bring instruments suitable for their future practice.

"Summer Evening Sail": Acrylics on Canvas

May 16th; 1:30pm

Join AiM regular artist Lori Burke as she guides you through a summer-inspired creation using acrylic paints on canvas featuring a nighttime sail on a calm night. It makes the perfect gift for yourself or a friend. No experience needed!

Meditation and Gentle Yoga

May 23rd; 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.

Paracording with Lee Valley Tools

May 28th; 2:00pm

Lee Valley Tools is back to lead us through step-by-step paracording making bracelets and keychains. This new, growing hobby is a simple, fun activity that takes zero expertise and keeps hands busy. Space is limited!

Intro to Guitar (Part I of III)

May 29th; 1:30pm

Ever wanted to be able to play the guitar? Whether you're sitting around a campfire or relaxing at home, you can master a few songs in just a couple of lessons! Join this three-part guitar class to learn the basics of recreational guitar

playing – no formal lessons required. Participants are required to supply their own guitar.

Interpretative Individual Drawing

May 30th; 2:00pm

Join local artist Quin in exploring techniques for self-interpreted drawing using soft pastels. Through instruction and discussion, participants will learn the basics of drawing and the way that they interpret their 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. 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.

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

May 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.

Rug-Hooking for Beginners (Part II)

May 3rd; 11:00am

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! This is Part II, but if you missed Part I, you're still welcome to join in.

Book Club – New Books Starting Regularly!

May 6th, 13th, 27th; 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.

Springtime Floral Arranging

May 9th; 2:00pm

The Garden Club of Niagara is back for our May workshop for Mother's Day. This fresh floral class provides step-by-step guidance for making a beautiful arrangement perfect for the #1 mom in your life (even if that's you!) Space is limited!

WFCC arts in medicine

May 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 11:00am: Rug-Hooking (Part II) (RAD)	4
5	6 10:00am: Book Club (O)	7	8	9 2:00pm: Mother's Day Floral Arranging (CON)	10 10:00am: 'Evaluation': Acrylics on Canvas with Evelyn Bailey (RAD)	11
12	13 10:00am: Book Club (O)	14	15 2:00pm: Intro to Spirit Drum and Contemplative Practice (O)	16 1:30pm: "Summer Evening Sail": Acrylics on Canvas with Lori Burke	17	18
19	20 Victoria Day – Closed	21	22	23 1:30pm: Meditation and Gentle Yoga (CON)	24	25
26	27 10:00am: Book Club (O)	28 2:00pm: Paracording with Lee Valley Tools (CON)	29 1:30pm: Intro to Guitar (Part I) (O)	30 2:00pm: Interpretative Individual Drawing (REG)	31	

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.**

Coming soon: Creative Writing, Acrylics, Photography, Wreath-Making, and more!