

### **Meditation**

*November 16<sup>th</sup>, 1pm*

Join our yoga and meditation instructor Monique Idzenga for a full-on meditation course focusing on relaxation, calm, and your breath – all from the comfort of your own space.

### **Zentangle Drawing**

*November 17<sup>th</sup>, 11am*

Zentangle is a method for drawing invented by a monk named Rick Roberts and an artist named Maria Thomas with the intention to combine meditation and art. It promotes increased self-confidence, helps relieve stress and anxiety, and nurtures and develops creativity. No experience needed: the combinations of designs and patterns are endless. Join local artist Samantha Province as she leads you through a fall themed drawing.

### **Painting on Canvas**

*November 22<sup>nd</sup>, 11:00am*

Join one of our favourite AiM artists, Lori Burke, as she leads you through painting a holiday gnome with acrylic paints on canvas. Canvases are available at the WFCC for those who need them. Paint/brushes must be supplied by participants.

### **Chalk It Up**

*November 25<sup>th</sup>, 11am*

Join AiM regular Quin McColgan as he leads you through creating a stained glass-inspired mosaic with craft supplies. Participants will need black construction paper, coloured chalk, and painters tape.

### **Movie and TV Chat**

*November 19<sup>th</sup>, 11am*

Do you like stream new movies and television shows? Are you currently looking for a new binge? Join this social group as we review our favourites, share ideas, and take requests!

### **Poetry Unleashed**

*November 29<sup>th</sup>, 11am*

Join local poet and actor Kevin Hobbs for an afternoon of poetry writing. Together, we will develop both a group poem, an individual poem and have fun exploring poetry as a group. Bring your creative hats and let's play.

### **'A Christmas Story' in the Garden**

#### **City**

*November 30<sup>th</sup>, 11am*

Learn about the making of the classic holiday film 'A Christmas Story' in St. Catharines and other holiday traditions special to the Garden City with Sara Nixon of the St. Catharines Museum and Welland Canals Centre. A donation of \$5 to the Museum will be required to support this program. Minimum 5 participants.

### **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.

### **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**

**November 2021**

### **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.**

## **See Calendar side for COVID-19 Information**

### **Book Club**

*November 9<sup>th</sup> and 23<sup>rd</sup>, 11am*

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.

### **Drawing Music**

*November 12<sup>th</sup>, 11am*

Let's explore and interpret some of the best orchestral works with a pencil to paper. Each song will be played and we'll draw what we feel with a group share to follow. Expand your mind with new musical works and let your creativity flow!

# WFCC Arts in Medicine November 2021 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 11:00am: <b>Book Club</b>	10	11 <b>Remembrance Day</b>	12 11:00am: <b>Drawing Music</b>	13
14	15	16 1:00pm: <b>Meditation with Monique Idzenga</b>	17 11:00am: <b>Zentangle with Sam Province</b>	18	19	20
21	22 11:00am: <b>Painting on Canvas with Lori Burke</b>	23 11:00am: <b>Book Club</b>	24	25 11:00am: <b>Chalk It Up with Quin McColgan</b>	26 11:00am: <b>Movie and TV Chat</b>	27
28	29 11:00am: <b>Poetry with Kevin Hobbs</b>	30 11:00am: <b>'A Christmas Story' in the Garden City</b>				

**Call Laurie Sadowski, AiM Coordinator, at 905-378-4647, ext. 49241 to register or with requests.**

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## **Classes will be performed virtually through Microsoft Teams**

All classes are done virtually through Microsoft Teams, a free, secure software that requires participants to use through a web browser or an app. Due to the changes from the pandemic, some classes may require participants to purchase materials at a nominal fee.