

Meditation

November 16th, 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 17th, 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 22nd, 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 25th, 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 19th, 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 29th, 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 30th, 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.**

niagarahealth

Extraordinary Caring. Every Person. Every Time.

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 9th and 23rd, 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 12th, 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: Book Club	10	11 Remembrance Day	12 11:00am: Drawing Music	13
14	15	16 1:00pm: Meditation with Monique Idzenga	17 11:00am: Zentangle with Sam Province	18	19	20
21	22 11:00am: Painting on Canvas with Lori Burke	23 11:00am: Book Club	24	25 11:00am: Chalk It Up with Quin McColgan	26 11:00am: Movie and TV Chat	27
28	29 11:00am: Poetry with Kevin Hobbs	30 11:00am: 'A Christmas Story' in the Garden City				

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

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.