

Restorative Yoga

November 13th; 1:30pm to 3:00pm

Join Monique Idzenga, RYT 200 for a relaxing, yet fun-filled, yoga class providing participants a program with stretches, movement, breathing, and relaxation. This class is well-suited for everybody, from beginners to seasoned yogis. A limited number of mats are available on request.

Acrylics on Canvas

November 14th; 2:30pm to 4:00pm

Join local artist Lori Burke for an acrylic painting class with step-by-step instructions for a beautiful, floral poppy canvas. With simple techniques and hands-on assistance, you'll complete a piece of art perfect for gift-giving or hanging up at home.

Chakra Workshop with Bodhi Yoga Wellness

November 22nd; 2:00pm to 3:30pm

Join Bodhi Yoga Wellness for a workshop on the body's 7 major energy centres, 'chakras'. These are connected to our physical, emotional, mental, and spiritual levels. It includes chakra information, as well as elements of meditation and yoga to help balance the chakras.

Hair, Wig, Scalp Care and Styling w/ Transitions

November 26th; 1:00pm to 2:30pm

Join Carlo Turavani from *Transitions Studio* as he discusses hair, wig, and scalp care and styling. He'll answer questions, discuss tips for the holiday season, and review products and at-home methods for every hair and skin type.

DIY Advent Calendars

November 28th; 1:30pm to 3:00pm

The countdown to Christmas is on. We'll show you step-by-step how to create your own unique advent calendar that you can fill with your favourite treats. Ask Laurie beforehand to see a sample of the one you'll be creating at the class.

History of Downtown St. Catharines with the St. Catharines Museum

November 20th; 2:00pm to 3:30pm

Let's step back in time and walk the streets of historic downtown St. Catharines with the St. Catharines Museum – all from the warm indoors!

What gave St. Paul Street its name? How many movie theatres were there? What brought in all the manufacturing industries? We'll answer these questions and more – bring yours!

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

As we expand AiM, we look for your input. Contact **Laurie Sadowski, Arts in Medicine Coordinator, at 905-378-4647, x.49241 with questions or suggestions.**

Coming Soon

Photography, Film Music, Blog Writing, Drumming, Jewelry, and more! Call to secure your spot!

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Walker Family Cancer Centre

arts in medicine

November 2018

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 Book Starting this Month

November 5th and 19th; 10:00am to 11:30pm
Do you like to read and engage in insightful discussion with like-minded folks? Call Laurie to find out October's book pick! Physical or e-copies can be provided with advance notice.

Group Guitar

November 8th and 27th; 2:00pm to 3:30pm
Whether you're a beginner, seasoned player, or restarting after a hiatus, you are welcome in our social guitar group. Instruction won't be directly provided, but shared and co-facilitated. Participants must bring their own guitar.

Knit/Crochet Social Group

November 9th; 11:00am to 12:30pm
Come socialize with fellow knitters/crocheters, while working on new or in-progress projects. Participants are encouraged to bring their own needles and yarn, but can use our supply. We also have knitted squares in many colors that to make into blankets or scarves for personal use.

WFCC arts in medicine

November 2018 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 10:00am – Book Club (O) 12:00pm: Arts Live in the Waiting Room – Jacob Stirpe, guitar	6	7 10:00am: Arts Live in the Waiting Room – Robin Nisbet, artist	8 2:00pm: Group Guitar (O)	9 11:00am: Knit and Crochet Social Group (O)	10
11	12 Remembrance Day Statutory Holiday – WFCC Closed	13 1:30pm: Restorative Yoga (CON)	14 2:30pm: Acrylics on Canvas with Lori Burke (CON)	15	16	17
18	19 10:00am – Book Club (O) 10:00am: Arts Live in the Waiting Room – Joy Liu, guitar	20 2:00pm: History of Downtown St. Catharines with the St. Catharines Museum (2:00pm)	21 10:00am: Arts Live in the Waiting Room – Robin Nisbet, artist	22 2:00pm: Chakra Workshop with Bodhi Yoga and Wellness (CON)	23	24
25	26 12:00pm: Arts Live in the Waiting Room – Jacob Stirpe, guitar 1:00pm: Hair, Wig, and Scalp Care with Transitions Studio (CON)	27 2:00pm: Group Guitar (O)	28 2:00pm: DIY Advent Calendars (REG)	29	30	

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.**