

Fall Watercolour Painting

October 18th; 1:30pm

Join local artist Quin as he guides you through an autumn-inspired still-life painting using watercolours and oil-based pastels. No experience needed!

Pumpkin Carving w/ Lee Valley Tools

October 23rd; 2:00pm

Lee Valley Tools is back to lead us through creative jack-o-lantern ideas for! Instruction for unique carving methods will be provided. Participants will be provided one pumpkin each, but can bring extras to carve.

Fall-Inspired Macrame for Beginners

October 25th; 1:30pm

Join local artisan Lisa VanDer Klis as she guides you through creating fall-inspired macramé décor using rustic twine. It makes the perfect gift for yourself or a friend. No experience needed!

Rug-Hooking Social Group

October 29th; 1:30pm

Learn the artistry of rug-hooking, an easy crochet-style craft made by pulling loops fabric through a stiff woven base. Join facilitator Betty to create a new design or continue a project.

Meditation and Gentle Yoga

October 31st; 1:30pm

Local yoga teacher Monique Idzenga will lead participants through a gentle meditation and yoga practice for peace and self-awareness. Take a moment to relax and breathe with others and find tranquility.

AiM Waiting Room Events

Arts Live in the Waiting Room

Artists and musicians are featured at select times in the waiting rooms. See the calendar for highlights. Requests/referrals welcome!

Creativity Cart

A cart filled with engaging activities wheels through waiting and treatment areas at select times. It includes knitting, crosswords, card-making, painting, music, origami, and more.

Arts-on-Call: Private Appointments and During Chemotherapy

Custom AiM appointments are available for patients and caregivers. These creative or social experiences include one-time or ongoing projects for individuals or groups. Appointments can also occur during chemotherapy to help pass time. Requests are welcome! Ideas include:

- Drawing or sketching together
- Learning to edit photos on phone/tablet
- Exploring new music/creating playlists
- Knitting, looming, weaving, or macramé
- Writing (or dictating) a story or memoir
 - Reading together
- Discussing films, music, TED talks, or books
- Learning about e-resources from libraries
 - Bracelet or other jewelry making
 - Puzzles, trivia, or games (Scrabble!)
- Card making and other paper crafts
 - Visiting virtual museums
 - Composing music on the iPad
 - PICC line cover design
- Exploring culture and the arts in Niagara
 - Follow-up visits for larger projects

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.

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 October 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.

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

Discover the Niagara Symphony Orchestra's 2019/20 Season

October 4th; 1:30pm

Get a sneak peek into the composers and music of the upcoming NSO season. Participants will learn fascinating facts, receive an inside look at program notes, and listen to excerpts. All participants will receive a gift from the NSO!

Book Club – New Book Starting!

October 7th and 21st; 11:30am

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.

Fall Floral Arranging

October 10th; 2:00pm

The Garden Club of Niagara is back for a fall floral arranging class to lead participants step-by-step to create a beautiful centerpiece perfect for your Thanksgiving table or for gift giving!

WFCC Arts in Medicine

October 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 1:30pm: Discover the Niagara Symphony Orchestra's 2019/20 Season (RAD)	5
6	7 11:30am: Book Club (O)	8	9	10 2:00pm: Fall Floral Arranging (CON)	11	12
13	14 Thanksgiving	15	16	17	18 1:30pm: Fall Watercolours with Quin (RAD)	19
20	21 11:30am: Book Club (O)	22	23 2:00pm: Pumpkin Carving with Lee Valley Tools (CON)	24	25 1:30pm: Fall-Inspired Macrame with Lisa (CON)	26
27	28	29 1:30pm: Rug Hooking Social Group (REG)	30	31 1:30pm: Yoga and Meditation (CON)		

Legend: CON = Large conference room REG = Board room behind 1st floor registration RAD = Board room across from radiation reception O = Other (inquire)

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

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

Custom appointments are available with any arts, music, craft, or other projects.

Ask about AiM Participant Art Galleries and local culture opportunities for patients and families.