



## Hope & Cope Cancer Wellness Centre

### Calendar of activities November–December 2018

- **If you are living with cancer or caring for someone with cancer**, and live in the Greater Montreal area, the Wellness Centre is here for YOU!
- A free, bilingual\* program offering support groups, lectures, workshops, classes, physical activities, special events and more. (\* unless otherwise indicated)
- Registration is required for all support groups and some activities.

#### For more information, please contact the Wellness Centre

**Address** 4635 Côte-Sainte-Catherine Rd. (corner Lavoie)



Montréal, Québec H3W 1M1



514-340-3616



514-340-0989

**Web site** [www.hopeandcope.ca](http://www.hopeandcope.ca)  hopecopemontreal  @Hope\_Cope

**E-mail** [info.wellnesscentre@bellnet.ca](mailto:info.wellnesscentre@bellnet.ca)

**Metro** Côte-Sainte-Catherine or Côte-des-Neiges

**Bus** 124, 129, 165, 435

**Opening hours: Monday to Thursday from 9:00 a.m. to 5:00 p.m.,  
and some evenings.**

**The exercise room is open 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m.**

#### Please note:

All activities and schedules are correct at time of printing.

Due to unforeseen circumstances, some may be subject to last minute change.

If in doubt, please call 514-340-3616.

# PROGRAM GUIDE

**FREE public lecture and workshops** - Register early at the front desk or 514 340-3616. Family members are also welcome.

WHAT	WHO	WHEN
<b>Sexuality</b>	Dr. Sylvie Aubin	<b>Thursday, November 1,</b> from <b>5:30 p.m. to 7:00 p.m.</b>
<b>Art &amp; Conversation</b>	Meet well-known artist and Montrealer, <b>Burt Covit.</b> He is a cinematographic and photographic technician.	<b>Wednesday, November 21,</b> from <b>12:00 to 1:30 p.m.</b>
<b>Weigh to Go!</b>	A healthy weight loss program AFTER cancer treatment. A fun, safe and informative 8-week program which combines exercise and nutrition. You will receive exercise accessories and handouts for use during the classes and to take home. Space is limited! <i>To register, please call 514 340-3616.</i> A non-refundable fee of \$50.00, payable upon registration.	<b>Tuesdays and Thursdays</b> Starting <b>January 10,</b> until <b>February 28, 2019.</b> See calendar for specific dates and times.

## Two very special events you won't want to miss!

WHAT	DESCRIPTION	WHEN
<b>Voices of Hope Holiday Concert</b>	<b>"Holiday Concert,"</b> at Our Lady of the Annunciation Church, 1020 Laird Blvd., Mont-Royal, H3R 2G9. Door prizes. <b>Cost: \$20 per ticket.</b> <b>Free</b> for children 12 and under. To purchase tickets, call 514 340-3616 or 514 340-8255. We encourage you to bring a non-perishable item to the Church's food drive for those in need.	<b>Sunday, December 9,</b> from <b>2:30 p.m. to 4:00 p.m.</b>
<b>Holiday pot luck</b>	<b>Holiday pot luck</b> with plenty of fun, food and music. Call 514 340-3616 to register.	<b>Monday, December 17,</b> from <b>noon to 2:30 p.m.</b>

Centre closed, **Tuesday, December 4,** from **3:30 p.m. to 5:00 p.m.**

**Holiday schedule:** Centre closed, **Monday, December 24** until **Wednesday, January 2, 2019.**

## Schedule changes

- **Reiki** (by appointment), **Tuesdays and Thursdays, from 10:30 a.m. to 12:45 p.m.**
- **Relaxation – méditation – visualization, Wednesdays, registration required.**

## Cancellations

- **Reiki** (by appointment) - **Monday, December 17,** cancelled
- **"Zen" toning** - **Monday, December 17,** cancelled

Legend

R = registration required

N = New

C = Closed series – you must attend all classes in the series

## November 2018

Thu 1	10:00 –12:00 10:30 –11:45 12:00 – 1:00 1:15 – 2:30 2:00 – 3:30 4:00 – 5:30 6:00 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Penser autrement pour mieux 2/3 *R Qi gong for health Gentle yoga Stress management *R Open art studio Colorectal cancer support group *R Multiple Myeloma support group *R Brain tumour support group for caregivers *R Brain tumour support group for patients *R Ostomy support group *R	Mon 19	10:15 – 11:30 10:30 – 12:00 10:30 – 3:00 1:30 – 2:30 4:00 – 6:00 5:30 – 8:30	Gentle Qi gong Healthy cooking, "Vegetarian chili with black beans" Reiki (by appointment) Zen » toning Voices of Hope Choir CancerFightClub (18-39) cooking club
Mon 5	10:15 –11:30 10:30 –12:00 10:30 – 3:00 1:30 – 2:30 4:00 – 6:00	Gentle Qi gong Healthy cooking " Lentils and carrots soup " Reiki (by appointment) « Zen » toning Voices of Hope Choir	Tue 20	9:30 – 11:30 10:00 – 12:00 10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 1:00 – 3:00 2:00 – 3:00	Men's Club Jewellery *R Gentle yoga Reiki (by appointment) Zumba Look Good Feel Better *R (on-line at lgfb.ca/en) Dancing for Eva
Tue 6	10:00 –12:00 10:15 –11:30 10:30 –12:45 12:45 – 1:45 2:00 – 3:00	Jewellery *R Gentle yoga Reiki (by appointment) Zumba Dancing for Eva	Wed 21	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30 6:00 – 7:30 6:00 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Tai chi - integral Healthy cooking "Celebrating Fall harvest" So you think you can dance! Art & conversation *R Gentle yoga Relaxation-méditation-visualisation (in French) *R Mourning café *R Reiki (by appointment) Groupe de soutien pour patients et aidants *R Newly diagnosed breast cancer support grp 6/6*R*C Patients' and caregivers' support group *R Post treatment support group *R
Wed 7	10:15 –11:45 10:30 –12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30 6:00 – 7:30 6:00 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00 7:00	Tai chi - integral Healthy cooking "Celebrating Fall harvest" So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) *R Mourning café *R Reiki (by appointment) Groupe de soutien pour patients et aidants *R Newly diagnosed breast cancer support grp 5/6*R*C Patients' and caregivers' support group *R CancerFightClub (18-39) Bros Club, Board Games night at Randolph Pub Ludique - Latin Quarter 2041, St Denis, Montreal. Contact Rick Simoneau at 514 887-6432 or rickster104@hotmail.com *R	Thu 22	10:00 – 3:00 10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 1:15 – 2:30 2:00 – 3:30	Think smart live well *R Qi gong for health Reiki (by appointment) Gentle yoga Stress management *R Open art studio
Thu 8	10:00 –12:00 10:30 –11:45 10:30 –12:45 12:00 – 1:00 1:15 – 2:30 1:00 – 2:30 2:00 – 3:30	Penser autrement pour mieux 3/3 *R Qi gong for health Reiki (by appointment) Gentle yoga Stress management *R CancerFightClub (18-39) Hangouts 514 340-3616, ext 208 *R Open art studio	Mon 26	10:15 – 11:30 10:30 – 12:00 10:30 – 3:00 1:30 – 2:30 4:00 – 6:00	Gentle Qi gong Healthy cooking "Bean stew with mixed vegetables" Reiki (by appointment) « Zen » toning Voices of Hope Choir
Mon 12	10:15 –11:30 10:30 –12:00 10:30 – 3:00 1:30 – 2:30 4:00 – 6:00	Gentle Qi gong Healthy cooking " Pasta with vegetables " Reiki (by appointment) « Zen » toning Voices of Hope Choir	Tue 27	10:15 –11:30 10:30 –12:45 12:45 – 1:45 1:00 – 3:00 2:00 – 3:00	Gentle yoga Reiki (by appointment) Zumba Knitting for comfort Dancing for Eva
Tue 13	10:15 –11:30 10:30 –12:45 12:45 – 1:45 1:00 – 3:00 2:00 – 3:00	Gentle yoga Reiki (by appointment) Zumba Knitting for comfort Dancing for Eva	Wed 28	10:15 –11:45 10:30 –12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30	Tai chi - integral Healthy cooking "Celebrating Fall harvest" So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) *R
Wed 14	10:15 –11:45 10:30 –12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30	Tai chi - integral Healthy cooking "Celebrating Fall harvest" So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) *R	Thu 29	10:30 –11:45 10:30 –12:45 12:00 – 1:00 1:15 – 2:30 2:00 – 3:30 10:30 – 11:45 9:30 – 12:30 10:30 – 11:45 12:00 – 1:00 1:15 – 2:30 2:00 – 3:30	Qi gong for health Reiki (by appointment) Gentle yoga Stress management *R Open art studio Qi gong for health Reiki (by appointment) Qi gong for health Gentle yoga Stress management *R Open art studio
Thu 15	10:30 –11:45 10:30 –12:45 12:00 – 1:00 1:15 – 2:30 2:00 – 3:30	Qi gong for health Reiki (by appointment) Gentle yoga Stress management *R Open art studio			

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December 2018		
<b>Mon 3</b>	10:15 – 11:30 10:30 – 12:00 10:30 – 3:00 1:30 – 2:30 4:00 – 6:00	Gentle Qi gong Healthy cooking “ Fish soup and noodles “ Reiki (by appointment) « Zen » toning Voices of Hope Choir
<b>Tue 4</b>	10:00 – 12:00 10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 2:00 – 3:00 3:30 – 5:00	Jewellery *R Gentle yoga Reiki (by appointment) Zumba Dancing for Eva <b>Centre closed</b>
<b>Wed 5</b>	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15  1:15 – 2:30 6:00 – 7:30 6:00 – 8:00 6:30 – 8:00  6:30 – 8:00 7:00	Tai chi - integral Healthy cooking “Celebrating Fall harvest” So you think you can dance! Open art studio Gentle yoga  Relaxation-méditation-visualisation (in French) *R Mourning café *R Reiki (by appointment) Groupe de soutien pour patients et aidants *R  Patients' and caregivers' support group *R CancerFightClub (18-39) Bros Club, <a href="#">Pizzeria Maggie</a> 1237 Amherst, Montreal. Contact Rick Simoneau at 514 887-6432 or <a href="mailto:rickster104@hotmail.com">rickster104@hotmail.com</a> *R
<b>Thu 6</b>	10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 1:15 – 2:30 1:30 – 3:00 2:00 – 3:30 4:00 – 5:30 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Qi gong for health Reiki (by appointment) Gentle yoga Stress management *R Breast Friends *R Open art studio Colorectal cancer support group *R Brain tumour support group for caregivers *R Brain tumour support group for patients *R Cancer-Neuro Endocrine tumour support group *R
<b>Sun 9</b>	2:30 – 4:00	<b>“Holiday Concert”, see page 2</b>
<b>Mon 10</b>	10:15 – 11:30 10:30 – 12:00 10:30 – 3:00 1:30 – 2:30	Gentle Qi gong Healthy cooking “ Pasta Arrabiata “ Reiki (by appointment) « Zen » toning
<b>Tue 11</b>	10:00 – 12:00 10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 1:00 – 3:00 2:00 – 3:00	Jewellery *R Gentle yoga Reiki (by appointment) Zumba Knitting for comfort Dancing for Eva
<b>Wed 12</b>	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30 6:00 – 7:30 6:00 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Tai chi - integral Healthy cooking “Celebrating Fall harvest” So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) *R Mourning café *R Reiki (by appointment) Groupe de soutien pour patients et aidants *R Patients' and caregivers' support group *R Post treatment support group *R
<b>Thu 13</b>	10:00 – 3:00 10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 1:00 – 2:30  1:15 – 2:30 2:00 – 3:30	Think smart live well *R Qi gong for health Reiki (by appointment) Gentle yoga CancerFightClub (18-39) Hangouts 514 340-3616, ext 208 *R Stress management *R Open art studio
<b>Mon 17</b>	10:15 – 11:30 12:00 – 2:30	Gentle Qi gong <b>Holiday pot luck *R</b>
<b>Tue 18</b>	10:00 – 12:00 10:15 – 11:30  10:30 – 12:45 12:45 – 1:45 2:00 – 3:00	Jewellery *R Gentle yoga  Reiki (by appointment) Zumba Dancing for Eva
<b>Wed 19</b>	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30	Tai chi - integral Healthy cooking “Celebrating Fall harvest” So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) *R
<b>Thu 20</b>	10:30 – 11:45 10:30 – 12:45  12:00 – 1:00 1:15 – 2:30 2:00 – 3:30	Qi gong for health Reiki (by appointment)  Gentle yoga Stress management *R Open art studio

Centre closed, Tuesday, December 4, from 3:30 p.m. to 5:00 p.m.

**Holiday schedule:** Centre closed, Monday, December 24 until Wednesday, January 2, 2019.