



HOPE & COPE

CALENDAR OF ACTIVITIES JANUARY - MARCH 2019



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:



Hope & Cope Cancer Wellness Centre

4635 Côte-Sainte-Catherine Rd. (corner Lavoie)
Montréal, Québec H3W 1M1

 514-340-3616  514-340-0989

E-mail: info.wellnesscentre@bellnet.ca

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

Bus: 124, 129, 165, 435



hopeandcope.ca



[hopcopemontreal](https://www.facebook.com/hopcopemontreal)



[@Hope_Cope](https://twitter.com/Hope_Cope)

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 lectures - Register early at the front desk or 514 340-3616. Family members are also welcome.

WHAT	WHO	WHEN
Nutrition and breast cancer during and after treatment	With oncology dietitian, Kristina Mullahoo, this lecture is for all breast cancer survivors. To register for this FREE information session, please call 514 340-3616.	Wednesday , February 13, from 7:00 p.m. to 8:00 p.m.
Lymphoma 101 - The changing landscape of lymphoma	An educational event for patients and their caregivers with Dr. Nathalie Johnson, Hematologist-oncologist, JGH. Register now at www.lymphoma.ca or call 514 426-6266.	Wednesday , February 27, from 6:30 p.m. to 8:00 p.m.

Workshops

WHAT	DESCRIPTION	WHEN
Valentine's Day celebration	Come and celebrate with us with refreshments and many more surprises. Register early at 514 340-3616.	Thursday , February 14, from 12:00 p.m. to 2:00 p.m.
Art and conversation	Meet featured artists and learn about their passion for art and their artworks. More details at a later date.	Wednesday , March 6, from 12:00 to 1:30 p.m. and Thursday , March 21, from 2:00 p.m. to 3:30 p.m.
Weigh to Go!	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! To register, please call Payal Patel at 514 340-3616, ext. 212 . A non-refundable fee of \$50.00, payable upon registration.	No exact starting date yet. Postponed due to low registration. Twice a week; Tuesdays and Thursdays

Wellness Centre Closed: January 1.

Schedule changes

- **Voices of Hope Choir** Mondays, from 3:00 p.m. to 5:00 p.m. starting January 14.
- **Breast Friends** Thursday, January 10, instead of January 3, from 1:30 p.m. to 3:00 p.m. and Thursday, March 7, not yet confirmed.

Cancellations

- **Reiki (by appointment)** No Monday sessions from January 28 to April 8.
- **Gentle Qi gong** Mondays, cancelled on January 7 and from February 18 until April 8.
- **Healthy cooking** Mondays, cancelled on March 4, 11 and April 1.
- **Healthy cooking** Wednesdays, cancelled on January 2.
- **Gentle yoga** Wednesdays, cancelled on January 2, 9 and 23.
- **Reiki (by appointment)** No Wednesday evening sessions until end April.
- **Gentle yoga** Thursdays, cancelled on January 3, February 7, 14 and 28.
- **Stress management** Thursdays, cancelled for January, February until March 28.

Legend

R = registration required

N = New

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

January 2019

Tue 1	Centre Closed	Mon 21	10:15 – 11:30	Gentle Qi gong	
Wed 2	10:15 – 11:45	Tai chi - integral	10:30 – 12:00	Healthy cooking “ Hearty winter soup ”	
	12:00 – 1:00	So you think you can dance!	10:30 – 3:00	Reiki (by appointment)	
	12:00 – 1:30	Open art studio	1:30 – 2:30	« Zen » toning	
	1:15 – 2:30	Relaxation-méditation-visualisation (in French)	3:00 – 5:00	Voices of Hope Choir	
Thu 3	10:30 – 11:45	Qi gong for health	Tue 22	10:15 – 11:30	Gentle yoga
	10:30 – 12:45	Reiki (by appointment)		10:30 – 12:45	Reiki (by appointment)
	2:00 – 3:30	Open art studio		12:45 – 1:45	Zumba
Mon 7	10:30 – 12:00	Healthy cooking “Cassoulet with chicken and beans”		2:00 – 3:00	Dancing for Eva
	10:30 – 3:00	Reiki (by appointment)	Wed 23	10:15 – 11:45	Tai chi - integral
	1:30 – 2:30	« Zen » toning		10:30 – 12:00	Healthy cooking “ Winter comfort foods “
Tue 8	10:15 – 11:30	Gentle yoga		12:00 – 1:00	So you think you can dance!
	10:30 – 12:45	Reiki (by appointment)		12:00 – 1:30	Open art studio
	12:45 – 1:45	Zumba		1:15 – 2:30	Relaxation-méditation-visualisation (in French)
	2:00 – 3:00	Dancing for Eva		6:00 – 7:30	Mourning café *R
Wed 9	10:15 – 11:45	Tai chi - integral		6:30 – 8:00	Groupe de soutien pour patients et aidants *R
	10:30 – 12:00	Healthy cooking “ Winter comfort foods “		6:30 – 8:00	Newly diagnosed breast cancer support group 2/6*R*C
	12:00 – 1:00	So you think you can dance!		6:30 – 8:00	Patients' and caregivers' support group *R
	12:00 – 1:30	Open art studio		6:30 – 8:00	Post treatment support group *R
	1:15 – 2:30	Relaxation-méditation-visualisation (in French)	Thu 24	10:00 – 12:00	Penser autrement pour mieux vivre 1/4 *R
	6:00 – 7:30	Mourning café *R		10:30 – 11:45	Qi gong for health
	6:30 – 8:00	Groupe de soutien pour patients et aidants *R		10:30 – 12:45	Reiki (by appointment)
	6:30 – 8:00	Newly diagnosed breast cancer support grp 1/6 *R*C		12:00 – 1:00	Gentle yoga
	6:30 – 8:00	Patients' and caregivers' support group *R		2:00 – 3:30	Open art studio
	7:00 – 9:00	CancerFightClub (18-39) Bros Club, *R AMAZE Escape room game (Atwater location: 3550 St Jacques St). Contact Rick Simoneau at 514 887-6432 or rickster104@hotmail.com .	Mon 28	10:15 – 11:30	Gentle Qi gong
Thu 10	10:30 – 11:45	Qi gong for health		10:30 – 12:00	Healthy cooking “ Hearty winter soup ”
	10:30 – 12:45	Reiki (by appointment)		1:30 – 2:30	« Zen » toning
	12:00 – 1:00	Gentle yoga		3:00 – 5:00	Voices of Hope Choir
	1:00 – 2:30	CancerFightClub (18-39) Hangouts, 514 340-3616, ext 208. *R	Tue 29	10:00 – 12:00	Jewellery *R
	1:30 – 3:00	Breast Friends support group *R		10:15 – 11:30	Gentle yoga
	2:00 – 3:30	Open art studio		10:30 – 12:45	Reiki (by appointment)
	4:00 – 5:30	Colorectal cancer support group *R		12:45 – 1:45	Zumba
	6:30 – 8:00	Brain tumour support group for caregivers *R		1:00 – 3:00	Knitting for comfort
	6:30 – 8:00	Brain tumour support group for patients *R		2:00 – 3:00	Dancing for Eva
Mon 14	10:15 – 11:30	Gentle Qi gong	Wed 30	10:15 – 11:45	Tai chi - integral
	10:30 – 12:00	Healthy cooking “Spinach and potato cream soup”		10:30 – 12:00	Healthy cooking “ Winter comfort foods “
	10:30 – 3:00	Reiki (by appointment)		12:00 – 1:00	So you think you can dance!
	1:30 – 2:30	« Zen » toning		12:00 – 1:30	Open art studio
	3:00 – 5:00	Voices of Hope Choir		1:15 – 2:15	Gentle yoga
Tue 15	9:30 – 11:30	Men's Club		1:15 – 2:30	Relaxation-méditation-visualisation (in French)
	10:00 – 12:00	Jewellery *R	Thu 31	10:00 – 12:00	Penser autrement pour mieux vivre 2/4 *R
	10:15 – 11:30	Gentle yoga		10:30 – 11:45	Qi gong for health
	10:30 – 12:45	Reiki (by appointment)		10:30 – 12:45	Reiki (by appointment)
	12:45 – 1:45	Zumba		12:00 – 1:00	Gentle yoga
	1:00 – 3:00	Knitting for comfort		2:00 – 3:30	Open art studio
	1:00 – 3:00	Look Good Feel Better *R (on-line at lgfb.ca/en)			
	2:00 – 3:00	Dancing for Eva			
Wed 16	10:15 – 11:45	Tai chi - integral			
	10:30 – 12:00	Healthy cooking “ Winter comfort foods “			
	12:00 – 1:00	So you think you can dance!			
	12:00 – 1:30	Open art studio			
	1:15 – 2:15	Gentle yoga			
	1:15 – 2:30	Relaxation-méditation-visualisation (in French)			
Thu 17	10:00 – 3:00	Think smart live well *R			
	10:30 – 11:45	Qi gong for health			
	10:30 – 12:45	Reiki (by appointment)			
	12:00 – 1:00	Gentle yoga			
	2:00 – 3:30	Open art studio			

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February 2019

Mon 4	10:15 – 11:30 10:30 – 12:00 1:30 – 2:30 3:00 – 5:00	Gentle Qi gong Healthy cooking “Asian noodle soup.” « Zen » toning Voices of Hope Choir	Mon 18	10:30 – 12:00 1:30 – 2:30 3:00 – 5:00	Healthy cooking “ Easy winter recipe with eggs ” « Zen » toning Voices of Hope Choir
Tue 5	10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 2:00 – 3:00	Gentle yoga Reiki (by appointment) Zumba Dancing for Eva	Tue 19	9:30 – 11:30 10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 1:00 – 3:00 2:00 – 3:00	Men’s Club Gentle yoga Reiki (by appointment) Zumba Look Good Feel Better *R (on-line at lgfb.ca/en) Dancing for Eva
Wed 6	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30 7:00 – 9:00	Tai chi - integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) CancerFightClub (18-39) Bros Club, *R La Poutine week a Montreal , exact meeting location TBD. Contact Rick Simoneau at 514 887-6432 or rickster104@hotmail.com . https://facebook.com/events/2353939098021947/	Wed 20	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 “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French)
Thu 7	10:00 – 12:00 10:30 – 11:45 10:30 – 12:45 1:30 – 3:00 2:00 – 3:30 4:00 – 5:30 6:00 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Penser autrement pour mieux vivre 3/4 *R Qi gong for health Reiki (by appointment) Breast Friends support group *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 Cancer-Neuro Endocrine tumour support group *R Ostomy support group *R	Thu 21	10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 2:00 – 3:30	Qi gong for health Reiki (by appointment) Gentle yoga Open art studio
Mon 11	10:15 – 11:30 10:30 – 12:00 1:30 – 2:30 3:00 – 5:00	Gentle Qi gong Healthy cooking “ Lentils and carrots soup ” « Zen » toning Voices of Hope Choir	Mon 25	10:30 – 12:00 1:30 – 2:30 3:00 – 5:00	Healthy cooking “ Easy winter recipe with eggs ” « Zen » toning Voices of Hope Choir
Tue 12	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	Tue 26	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
Wed 13	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 6:30 – 8:00 6:30 – 8:00 7:00 – 8:00	Tai chi - integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) Mourning café *R Groupe de soutien pour patients et aidants *R Patients' and caregivers' support group *R FREE PUBLIC LECTURE: Nutrition and breast cancer during and after treatment *R	Wed 27	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 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Tai chi – integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) Mourning café *R FREE PUBLIC LECTURE: Lymphoma 101 - The changing landscape of lymphoma with Dr. Nathalie Johnson, Hematologist-oncologist, JGH. Groupe de soutien pour patients et aidants *R Newly diagnosed breast cancer support grp 4/6 *R*C Patients' and caregivers' support group *R
Thu 14	10:30 – 11:45 10:30 – 12:45 12:00 – 2:00 1:00 – 2:30 2:00 – 3:30	Qi gong for health Reiki (by appointment) Valentine's Day celebration *R CancerFightClub (18-39) Hangouts, 514 340-3616, ext 208. *R Open art studio	Thu 28	10:00 – 12:00 10:30 – 11:45 10:30 – 12:45 2:00 – 3:30	Penser autrement pour mieux vivre 4/4 *R Qi gong for health Reiki (by appointment) Open art studio

Legend

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March 2019		
Mon 4	1:30 – 2:30 3:00 – 5:00	« Zen » toning Voices of Hope Choir
Tue 5	10:15 – 11:30 10:30 – 12:45 12:45 – 1:45 2:00 – 3:00	Gentle yoga Reiki (by appointment) Zumba Dancing for Eva
Wed 6	10:15 – 11:45 10:30 – 12:00 12:00 – 1:00 12:00 – 1:30 1:15 – 2:15 1:15 – 2:30 7:00 – 9:00	Tai chi - integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Art and conversation *R Gentle yoga Relaxation-méditation-visualisation (in French) CancerFightClub (18-39) Bros Club, *R Movie Nite in Montreal , exact meeting location TBD Contact Rick Simoneau at 514 887-6432 or rickster104@hotmail.com .
Thu 7	10:30 – 11:45 10:30 – 12:45 1:30 – 3:00 2:00 – 3:30 4:00 – 5:30 6:30 – 8:00 6:30 – 8:00	Qi gong for health Reiki (by appointment) Breast Friends support group *R **To be confirmed Open art studio Colorectal cancer support group *R Brain tumour support group for caregivers *R Brain tumour support group for patients *R
Mon 11	1:30 – 2:30 3:00 – 5:00	« Zen » toning Voices of Hope Choir
Tue 12	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
Wed 13	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 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Tai chi - integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) Mourning café *R Groupe de soutien pour patients et aidants *R Newly diagnosed breast cancer support grp 5/6 *R*C Patients' and caregivers' support group *R
Thu 14	10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 1:00 – 2:30 2:00 – 3:30	Qi gong for health Reiki (by appointment) Gentle yoga CancerFightClub (18-39) Hangouts, 514 340-3616, ext 208. *R Open art studio
Mon 18	10:25 – 11:30 1:30 – 2:30 3:00 – 5:00	Healthy cooking “ Hearty winter stew ” « Zen » toning Voices of Hope Choir
Tue 19	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
Wed 20	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 “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French)
Thu 21	10:30 – 11:45 10:30 – 12:45 12:00 – 1:00 2:00 – 3:30	Qi gong for health Reiki (by appointment) Gentle yoga Art and conversation *R
Mon 25	10:25 – 11:30 1:30 – 2:30 3:00 – 5:00	Healthy cooking “ Hearty winter stew ” « Zen » toning Voices of Hope Choir
Tue 26	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 27	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 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00 6:30 – 8:00	Tai chi – integral Healthy cooking “ Winter comfort foods “ So you think you can dance! Open art studio Gentle yoga Relaxation-méditation-visualisation (in French) Mourning café *R 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
Thu 28	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