



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 , March 27, 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, cancelled** until April 4.

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.
- **Gentle yoga** Thursdays, cancelled February 7, 14 and 28.
- **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.
- **CancerFightClub** 2nd Thursday of the each month, cancelled until further notice

Legend

R = registration required

N = New

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

March 2019

Mon 4	1:30 – 2:30 « Zen » toning 3:00 – 5:00 Voices of Hope Choir	Mon 18	10:25 – 11:30 Healthy cooking “ Hearty winter stew ” 1:30 – 2:30 « Zen » toning 3:00 – 5:00 Voices of Hope Choir
Tue 5	10:15 – 11:30 Gentle yoga 10:30 – 12:45 Reiki (by appointment) 12:45 – 1:45 Zumba 2:00 – 3:00 Dancing for Eva 7:00 – 9:00 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 .	Tue 19	9:30 – 11:30 Men’s Club 10:00 – 12:00 Jewellery *R 10:15 – 11:30 Gentle yoga 10:30 – 12:45 Reiki (by appointment)
Wed 6	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 Art and conversation *R 1:15 – 2:15 Gentle yoga 1:15 – 2:30 Relaxation-méditation-visualisation (in French)*R		12:45 – 1:45 Zumba 1:00 – 3:00 Look Good Feel Better *R (on-line at lgfb.ca/en) 2:00 – 3:00 Dancing for Eva
Thu 7	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 4:00 – 5:30 Colorectal cancer support group *R 6:30 – 8:00 Brain tumour support group for caregivers *R 6:30 – 8:00 Brain tumour support group for patients *R	Wed 20	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)*R
Mon 11	1:30 – 2:30 « Zen » toning 3:00 – 5:00 Voices of Hope Choir	Thu 21	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 Art and conversation *R
Tue 12	10:00 – 12:00 Jewellery *R 10:15 – 11:30 Gentle yoga 10:30 – 12:45 Reiki (by appointment) 12:45 – 1:45 Zumba 1:00 – 3:00 Knitting for comfort 2:00 – 3:00 Dancing for Eva	Mon 25	10:25 – 11:30 Healthy cooking “ Hearty winter stew ” 1:30 – 2:30 « Zen » toning 3:00 – 5:00 Voices of Hope Choir
Wed 13	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)*R 6:00 – 7:30 Mourning café *R 6:30 – 8:00 Groupe de soutien pour patients et aidants *R 6:30 – 8:00 Newly diagnosed breast cancer support grp 5/6 *R*C 6:30 – 8:00 Patients’ and caregivers’ support group *R	Tue 26	10:15 – 11:30 Gentle yoga 10:30 – 12:45 Reiki (by appointment) 12:45 – 1:45 Zumba 1:00 – 3:00 Knitting for comfort 2:00 – 3:00 Dancing for Eva
Thu 14	10:30 – 11:45 Qi gong for health 10:30 – 12:45 Reiki (by appointment) 12:00 – 1:00 Gentle yoga 1:00 – 2:30 CancerFightClub (18-39) Hangouts, 514 340-3616, ext 208. *R 2:00 – 3:30 Open art studio	Wed 27	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)*R 6:00 – 7:30 Mourning café *R 6:30 – 8:00 Groupe de soutien pour patients et aidants *R 6:30 – 8:00 Patients’ and caregivers’ support group *R 6:30 – 8:00 Post treatment support group *R 7:00 – 8:00 FREE PUBLIC LECTURE: Nutrition and breast cancer during and after treatment *R
		Thu 28	10:30 – 11:45 Qi gong for health 10:30 – 12:45 Reiki (by appointment) 12:00 – 1:00 Gentle yoga 1:15 – 2:30 Stress management *R 2:00 – 3:30 Open art studio