



HOPE & COPE

CALENDAR OF ACTIVITIES APRIL - JUNE 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



New Workshops - register at the Wellness Centre or by phone 514-340-3616

Focus on the Future

Sessions are on 6 consecutive Fridays beginning April 26.

For those **finished active treatment**. Experts will share evidence based knowledge and strategies. **Topics:** reducing risk of recurrence, nutrition after cancer, medical management, handling your emotions and more.

Sessions are on Fri., April 26 and May 10 & 24. Details to follow.

Bereavement Workshop

Art and Conversation

April 17, May 23 & June 19

Join us to meet three exceptional artists, Shazia Ahmed, G. Scott Macleod and Elizabeth Knox, who will discuss the creative process and their careers in

Special events

What / When

Who / Where

Voices of Hope Concert - "Summer Dream" -

Sunday, May 26 at 14.30

Cost: \$20/ticket, free for children under 12

Saint Malachy's Parish, 5330 Clanranald Ave, Montreal, H3X 2S6

For tickets, call 514-340-3616 or 514-340-8255

Survivorship Celebration in English

Monday, June 3 from 19.00 to 20.30

Doors open at 18.30

Dr. Rob Rutledge, Radiation Oncologist, Learning from Remarkable Cancer Survivors, JGH Block Amphitheatre, B-106, 3755 Côte Ste-Catherine Road.

Free, with refreshments and free parking. **Registration, call 514-340-8255**

Schedule changes

WELLNESS CENTRE CLOSED

Gentle Qi gong

Healthy cooking

Reiki (by appointment)

«Zen» toning

Gentle yoga

Zumba

Open Art Studio

April 19, April 22, May 20 and June 24

Mondays, April 1 and 8 - **CANCELLED**

No Mon. sessions on April 1 and 15 and no Wed. sessions on April 17 and 24

No Mon. sessions in May and No Tues. and Thurs. session from April 14 to 25

Mondays and Thursdays from 13:30-14:30

Tuesdays from 10.00-11.00 Wednesdays, June 5, 12 and 19 - **CANCELLED**

Tuesday, April 23 - **CANCELLED**

Wednesday, April 10, visit to the Museum

Support Groups - April, May and June

Unless otherwise indicated, register with Hinda Goodman, telephone: 514-340-8222, ext 25531

Group	Time	Dates
Men's Club	9.30-11.30	Tuesday April 16, May 21 and June 18
CFC (18-39) Bros Club	19.00-21.00	Tuesday April 2, May 7 and June 4
<i>Register with Rick at riskster104@hotmail.com</i>		
Mourning Café	18.00-19.30	Wednesday April 10 & 24; May 8 & 22; June 12 & 26
Newly Diagnosed Breast Cancer	18.30-20.00	Wednesday April 10 & 24, May 8 & 22, June 12 & 26
<i>Closed group - participants must attend all 6 classes</i>		
Après les traitements - français	18.30-20.00	Mercredi 24 avril, 22 mai et 26 juin
Post Treatment - English	18.30-20.00	Wednesday April 10, May 8 & June 12
Patients' and Caregivers' - English	18.30-20.00	Wednesday April 10 & 24; May 8 & 22; June 12 & 26
Patients et aidants - français	18.30-20.00	Mercredi 10 & 24 avril; 8 & 22 mai; 12 & 26 juin
Breast Friends	13.30-15.00	Thursday April 4, May 2 & June 6
Brain Tumour - for Caregivers	18.30-20.00	Thursday April 4, May 2 & June 6
Brain Tumour - for Patients	18.30-20.00	Thursday April 4, May 2 & June 6
Carcinoid-NeuroEndocrine	18.30-20.00	Thursday April 4 & June 6
Colorectal Cancer	16.00-17.30	Thursday April 4, May 2 & June 6
Multiple Myeloma	17.30-19.30	Thursday April 4 & June 6
Ostomy	18.30-20.00	Thursday April 4

April 2019



Please refer to Program Guide for details about Support Groups, Special Events and Schedule Changes

Monday	Tuesday	Wednesday	Thursday	Friday
1 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	2 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva	3 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	4 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	5
8 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	9 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 14.00-15.00 Dancing for Eva	10 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	11 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	12
15 10.15-11.30 Gentle Qi Gong 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	16 10.00-11.00 Gentle yoga 12.45-13.45 Zumba 13.00-15.00 Look Good Feel Better - *R on-line at lgfb.ca/en 14.00-15.00 Dancing for Eva	17 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 12.00-13.00 So You Think You Can Dance! 12.00-13.30 ART & CONVERSATION *R 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	18 10.00-15.00 Think Smart Live Well *R 10.30-11.45 Qi Gong for health 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	19 Wellness Centre Closed
22 Wellness Centre Closed	23 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 13.00-15.00 Knitting for comfort 14.00-15.00 Dancing for Eva	24 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	25 10.30-11.45 Qi Gong for health 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	26 9.30-12.30 BEREAVEMENT Workshop (session 1 of 3) *R *C 10.00-12.00 FOCUS ON THE FUTURE (session 1 of 6) *R *C
29 10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	30 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva			

NOTES: R = registration required C = closed registration, participants must attend entire series

CAPITALIZED PROGRAMMING IS NEW

Details: <https://www.hopeandcope.ca/events-activities/>

May 2019



Please refer to Program Guide for details about Support Groups, Special Events and Schedule Changes

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: On Sunday, May 26 from 14.30 to 16.00 Voices of Hope Choir Concert at Saint Malachy's Parish at 5330 Clanranald Avenue, Montreal, H3X 2S6		1 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	2 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	3 10.00-12.00 FOCUS ON THE FUTURE (session 2 of 6) *R *C
6 10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	7 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 14.00-15.00 Dancing for Eva	8 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	9 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	10 9.30-12.30 BEREAVEMENT Workshop (session 2 of 3) *R *C 10.00-12.00 FOCUS ON THE FUTURE (session 3 of 6) *R *C
13 10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning 15.00-17.00 Voices of Hope choir	14 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva	15 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	16 10.00-15.00 Think Smart, Live Well *R 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	17 10.00-12.00 FOCUS ON THE FUTURE (session 4 of 6) *R *C
Wellness Centre Closed	20 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 13.00-15.00 Look Good Feel Better - *R on-line at lgfb.ca/en 14.00-15.00 Dancing for Eva	21 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R 19.00-20.00 Nutrition & breast cancer lecture *R	22 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 ART & CONVERSATION *R	23 9.30-12.30 BEREAVEMENT Workshop (session 3 of 3) *R *C 10.00-12.00 FOCUS ON THE FUTURE (session 5 of 6) *R *C
27 10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	28 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva	29 9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R	30 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio	31 10.00-12.00 FOCUS ON THE FUTURE (session 6 of 6) *R *C

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June 2019



Please refer to Program Guide for details about Support Groups, Special Events and Schedule Changes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 13.30-14.30 "Zen" toning</p> <p>19.00-20.30 Survivorship Celebration* Dr. Rob Rutledge Learning from Remarkable Cancer Survivors, JGH Block Amphitheatre</p>	<p>4</p> <p>10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 14.00-15.00 Dancing for Eva</p>	<p>5</p> <p>9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.30 Relaxation/Méditation/Visualization *R</p>	<p>6</p> <p>10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio</p>	<p>7</p>
<p>10</p> <p>10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 13.30-14.30 "Zen" toning</p>	<p>11</p> <p>10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva</p>	<p>12</p> <p>9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.30 Relaxation/Méditation/Visualization *R</p>	<p>13</p> <p>10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio</p>	<p>14</p>
<p>17</p> <p>10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 13.30-14.30 "Zen" toning</p>	<p>18</p> <p>10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 13.00-15.00 Look Good Feel Better - *R on-line at lgfb.ca/en 14.00-15.00 Dancing for Eva</p>	<p>19</p> <p>9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 ART & CONVERSATION *R 12.00-13.30 Open art studio 13.15-14.30 Relaxation/Méditation/Visualization *R</p>	<p>20</p> <p>10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio</p>	<p>21</p>
<p>24</p> <p>Wellness Centre Closed</p>	<p>25</p> <p>10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.00-15.00 Dancing for Eva</p>	<p>26</p> <p>9.30-12.30 Reiki (by appointment) 10.15-11.45 Tai - Chi - integral 10.30-12.00 Healthy cooking 12.00-13.00 So You Think You Can Dance! 12.00-13.30 Open art studio 13.15-14.15 Gentle yoga 13.15-14.30 Relaxation/Méditation/Visualization *R</p>	<p>27</p> <p>10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.30-14.30 "ZEN" TONING 14.00-15.30 Open art studio</p>	<p>28</p>

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