



HOPE & COPE

CALENDAR OF ACTIVITIES JULY - SEPTEMBER 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 **1:00 p.m. to 4:00 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

What / When

PATHWAY to RELAXATION, Thursdays from 13 to 14.30 starting July 18.

INTRODUCTION to PERMACULTURE on Tuesday, July 9 or Tuesday, August 13, from 14.30 to 16.

HOW TO MAKE ESSENTIAL OILS on Wednesdays, August 28 or September 25, from 16 to 17.30

FOCUS ON THE FUTURE

Sessions are on 6 consecutive Wednesdays beginning August 28, from 17.30 to 19.30

ART and CONVERSATION, Thursday September 12, from 14 to 15.30 and Wednesday, October 16, from noon to 13.30

Who / Where

Come and try this new class! Registration is required.

Gardening workshop with plant scientist and permaculture expert Christopher Wrobel, M.Sc., Space is limited, so register early!

You will learn how to make your own essential oils with various herbs. Materials provided. **Cost: 5\$ per participant per session.** Space is limited to 16 spots,

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. **(DISPONIBLE EN FRANÇAIS À PARTIR DE VENDREDI 4 OCTOBRE DE 10 À 12)**

Join us to meet two exceptional artists, Claudine Asche on Sept. 12 and Olivier Dumoulin, on Oct. 16, who will discuss the creative process and their careers in art.

Special events

What / When

Comedy Gives Back - Just for Laughs, Wednesday July 24 or Thursday, July 25 from 14 to 15.30. Must be 18 and over. **Exact date, to be confirmed shortly**

En famille Family Fun Day, Tuesday, August 6, from 11 to 15.

Wellness Centre BBQ & CORN ROAST, Tuesday, August 27, from 11.30 to 13.30

12th Annual Dorval, Sources and St-Henri Auto Parts Walk-a-thon, Sunday, September 8, from 9 to 15. at St. Maxime Park, Chomedey, Laval.

Who / Where

This hilarious show stars some of the biggest names in stand-up comedy! Open to Wellness Centre participants and members of CancerFightClub Community. Free admission; donations gratefully accepted. **Reservation by July 22. First come, first served, no exceptions.** Call **514 340-3616** or stop by the reception desk to register.

For families (with children under 18) living with cancer. Plenty of fun things for everyone like arts and crafts, face painting and prizes. Free of charge! Please call Sandy at **514 340-8222, ext 22591** to **R.S.V.P. latest Friday, August 2.**

Invitation to all Wellness Centre participants to come join us for a friendly, get-together! Register early, at the front desk or call **514 340-3616** by **August 22.**

Join the Hope & Cope team for this fun, family friendly, scenic 7 km walk in support of our cancer exercise program. You must raise **a minimum of \$25** in order to participate as a walker. To sign up or to donate, call **514 340-8222, ext. 26868** or send an email to: hopeandcopeevents@jgh.mcgill.ca.

Schedule changes

WELLNESS CENTRE CLOSED

Knitting for comfort
Gentle Qi Gong
Relaxation/Méditation/Visualization & Gentle yoga
Pathway to relaxation, "Zen" toning and Open Art Studio
Reiki and Zumba

JULY 1, SEPTEMBER 2 and SEPTEMBER 30

July and August - **CANCELLED**. Will resume Tuesday, September 10, from 13.00 to 15.00
Mondays, July 22 to October 7 - **CANCELLED**
Wednesday, July 24 - **CANCELLED**
Thursday, July 25 - **CANCELLED**

Tuesday, August 27 - **CANCELLED**

Support Groups - July, August, and September

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

Group	Time	Dates
Men's Club	9.30-11.30	Tuesday July 16, August 20, and September 17
CFC (18-39) Bros Club <i>Register with Rick at rickster104@hotmail.com</i>	19.00-21.00	Tuesday July 2, August 6, and September 3
Mourning Café	18.00-19.30	Wednesday July 10; August 28; September 11 & 25
Newly Diagnosed Breast Cancer <i>Closed group - participants must attend all 6 classes</i>	18.30-20.00	Wednesday Sept. 11 & 25, Oct. 16 & 30, Nov. 13 & 27
Après les traitements - français	18.30-20.00	Mercredi 28 août et 25 septembre
Post Treatment - English	18.30-20.00	Wednesday July 10 and September 11
Patients' and Caregivers' - English	18.30-20.00	Wednesday July 10; August 28; September 11 & 25
Patients et aidants - français	18.30-20.00	Mercredi 10 juillet; 28 août; 11 & 25 septembre
Breast Friends	13.30-15.00	Thursday July 4, August 1, and September 5
Colorectal Cancer	16.00-17.30	Thursday September 5
Multiple Myeloma	17.30-19.30	Thursday September 5
Brain Tumour - for Caregivers	18.30-20.00	Thursday September 5
Brain Tumour - for Patients		

July 2019

See **Program Guide** for details on **Support Groups, Special Events** and **Schedule Changes**
 See <https://www.hopeandcope.ca/events-activities/> for more details on each activity



Monday	Tuesday	Wednesday	Thursday	Friday
1 Wellness Centre Closed	2 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 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 10.15-11.30 Gentle Qi Gong 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	9 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva 14.30-16.00 Intro to PERMACULTURE *R	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 17.30-19.30 REIKI (BY APPOINTMENT)	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 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	16 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 Look Good Feel Better - *R on-line at lgfb.ca/en 14.15-15.15 Dancing for Eva	17 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	18 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 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	19
22 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	23 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva	24 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 14.00-15.30 Comedy Gives Back - Just for Laughs *R	25 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 14.00-15.30 Comedy Gives Back - Just for Laughs *R	26
29 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	30 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva	31 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		

NOTES: R = registration required

C = closed registration, participants must attend entire series

CAPITALIZED PROGRAMMING IS NEW

August 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	2
5 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	6 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 11.00-15.00 En famille, Family Fun Day *R 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva	7 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	8 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	9
12 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	13 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva 14.30-16.00 Intro to PERMACULTURE *R	14 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	15 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 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	16
19 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	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 Look Good Feel Better - *R on-line at lgfb.ca/en 14.15-15.15 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	22 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	23
26 10.30-12.00 Healthy Cooking 10.30-15.00 Reiki (by appointment) 13.30-14.30 "Zen" toning	27 10.00-11.00 Gentle yoga 11.30-13.30 BBQ & CORN ROAST *R 14.15-15.15 Dancing for Eva	28 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 16.00-17.30 Make your own ESSENTIAL OILS *R 17.30-19.30 FOCUS ON THE FUTURE (session 1 of 6) *R *C 17.30-19.30 REIKI (BY APPOINTMENT)	29 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	30

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September 2019

See **Program Guide** for details on **Support Groups, Special Events** and **Schedule Changes**
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Wellness Centre Closed	3 10.00-11.00 Gentle yoga 10.00-12.00 Jewelry *R 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 14.15-15.15 Dancing for Eva	4 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 17.30-19.30 FOCUS ON THE FUTURE (session 2 of 6) *R *C	5 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	6
NOTE: 12th Annual Dorval, Sources and St-Henri Auto Parts Walk-a-thon Sunday, September 8, from 9.00 to 15.00 at St. Maxime Park, Chomedey, Laval.				
9 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	10 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 14.15-15.15 Dancing for Eva	11 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 17.30-19.30 FOCUS ON THE FUTURE (session 3 of 6) *R *C 17.30-19.30 REIKI (BY APPOINTMENT)	12 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 ART & CONVERSATION *R	13
16 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	17 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 Look Good Feel Better *R on-line at lgfb.ca/en 14.15-15.15 Dancing for Eva	18 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 17.30-19.30 FOCUS ON THE FUTURE (session 4 of 6) *R *C	19 9.30-12.30 Pensez autrement pour mieux vivre 1/4 *R 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	20
23 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	24 10.00-11.00 Gentle yoga 10.30-12.45 Reiki (by appointment) 12.45-13.45 Zumba 13.00-15.00 Knitting for comfort 14.15-15.15 Dancing for Eva	25 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 16.00-17.30 Make your own ESSENTIAL OILS *R 17.30-19.30 FOCUS ON THE FUTURE (session 5 of 6) *R *C	26 9.30-12.30 Pensez autrement pour mieux vivre 2/4 *R 10.30-11.45 Qi Gong for health 10.30-12.45 Reiki (by appointment) 12.00-13.00 Gentle yoga 13.00-14.30 PATHWAY to RELAXATION *R 13.30-14.30 "Zen" toning 14.00-15.30 Open art studio	27
30 Wellness Centre Closed				

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