

HOPE & COPE - MARCH 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday
IN PERSON ACTIVITIES			
4	5	6	7
10.30-12.00 Healthy cooking 13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 16.00-17.30 Men's Club Support Group	10.00-11.15 Tai Chi	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Stronger Together * Patient Support Group
11	12	13	14
13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 12.00-13.30 Plus forts ensemble * Patient support group FR	10.00-11.15 Tai Chi 13.00-14.30 Newly Diagnosed Breast cancer * Support Group 1/5 13.30-15.00 Voices of Hope Choir 18.30-20.00 Bro's Club (18-39)	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Caring for Caregivers* Support Group
18	19	20	21
10.30-12.00 Healthy cooking 13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility	10.00-11.15 Tai Chi 12.00-13.30 Open Art Studio 13.30-15.00 Voices of Hope Choir	10.00-11.30 Mourning walk 12.00-13.30 Stronger Together *
25	26	27	28
13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 12.00-13.30 Plus forts ensemble * Patient support group FR	10.00-11.15 Tai Chi 13.00-14.30 Newly Diagnosed Breast cancer * Support Group 2/5 13.30-15.00 Voices of Hope Choir	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Un espace pour les proches* Support Group FR

* hybrid = online and in-person



hopecopemontreal



Hope_Cope



hopecope_mtl

HOPE & COPE - MARCH 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
ONLINE ACTIVITIES				1
				No online activity
4	5	6	7	8
No online activity	13.00-14.00 Chair Workout	12.00-13.30 Open Art Studio	12.00-13.30 Stronger Together* Patient Support Group 13.00-14.30 Group Reiki 17.30-19.00 Mourning Café	10.30-11.45 Feel Good Yoga
11	12	13	14	15
No online activity	12.00-13.30 Plus forts ensemble* Patient support group FR 14.00-15.00 Relaxation EN 13.00-14.00 Chair Workout	13.00-14.30 Newly Diagnosed Breast cancer * 1/5 Support Group	12.00-13.30 Caring for Caregivers* Support Group 13.00-14.30 Group Reiki	10.30-11.45 Feel Good Yoga
18	19	20	21	22
No online activity	13.00-14.00 Chair Workout	No online activity	12.00-13.30 Stronger Together* Patient Support Group 13.00-14.30 Group Reiki 17.30-19.00 Mourning Café	10.30-11.45 Feel Good Yoga
25	26	27	28	29
13.30-15.00 Webinar: Ask the Oncology Dietitian	12.00-13.30 Plus forts ensemble* Patient support group FR 13.00-14.00 Chair Workout	13.00-14.30 Newly Diagnosed Breast cancer * 2/5 Support Group	12.00-13.30 Un espace pour les proches* Support Group FR 13.00-14.30 Group Reiki	HOPE & COPE IS CLOSED HAPPY EASTER

Hope & Cope Cancer Wellness Centre
 4635 Cote-Sainte-Catherine Rd - Montreal QC H3W 1M1
 Tel reception desk: 514-340-3616 Fax 514-340-0989
 info.wellnesscentre@bellnet.ca



Hope & Cope Jewish General Hospital - E730.1
 3755 Cote-Sainte-Catherine Rd - Montreal QC H3W 1E2
 Tel 514-340-8255 Fax 514-340-8605
 hopeandcope.ca

HOPE & COPE - APRIL 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday
IN PERSON ACTIVITIES			
1	2	3	4
13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 16.00-17.30 Men's Club Support Group	10.00-11.15 Tai Chi 13.30-15.00 Voices of Hope Choir	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Stronger Together * Patient Support Group
8	9	10	11
10.30-12.00 Healthy cooking 13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 12.00-13.30 Plus forts ensemble * Patient support group FR	10.00-11.15 Tai Chi 13.00-14.30 Newly Diagnosed Breast cancer * Support Group 1/5 13.30-15.00 Voices of Hope Choir 18.30-20.00 Bro's Club (18-39)	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Caring for Caregivers* Support Group 12.00-13.30 Art workshop
15	16	17	18
10.30-12.00 Healthy cooking 13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 14.00-15.00 Relaxation EN	10.00-11.15 Tai Chi 12.00-13.30 Open Art Studio 13.30-15.00 Voices of Hope Choir	10.00-11.30 Mourning walk 12.00-13.30 Stronger Together * Patient Support Group
SUNDAY APRIL 21, 9.30-12.00 WORKSHOP : Pleine conscience et auto-compassion - Part 1/2 - in French			
22	23	24	25
13.00-14.00 Gentle workout	HOPE & COPE IS CLOSED FOR PASSOVER	10.00-11.15 Tai Chi 13.00-14.30 Newly Diagnosed Breast cancer * Support Group 2/5 13.30-15.00 Voices of Hope Choir	10.00-11.15 Qi Gong 10.00-11.30 Mourning walk 12.00-13.30 Un espace pour les proches* Support Group FR 12.00-13.30 Jewelry workshop
29	30	 hopecopemontreal  Hope_Cope  hopecope_mtl * hybrid = online and in-person	
10.30-12.00 Healthy cooking 13.00-14.00 Gentle workout	10.00-10.45 Morning Mobility 12.00-13.30 Plus forts ensemble * Patient support group FR 13.00-14.00 Relaxation FR 14.00-15.00 Relaxation EN		

HOPE & COPE - APRIL 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
ONLINE ACTIVITIES				
1	2	3	4	5
No online activity	13.00-14.00 Chair Workout 14.00-15.00 Relaxation EN	12.00-13.30 Open Art Studio	12.00-13.30 Stronger Together* Patient Support Group 13.00-14.30 Group Reiki 17.30-19.00 Mourning Café	10.30-11.45 Feel Good Yoga
8	9	10	11	12
No online activity	12.00-13.30 Plus forts ensemble* Patient support group FR 13.00-14.00 Chair Workout	13.00-14.30 Newly Diagnosed Breast cancer * 3/5 Support Group	12.00-13.30 Caring for Caregivers* Support Group 13.00-14.30 Group Reiki	10.30-11.45 Feel Good Yoga
15	16	17	18	19
No online activity	13.00-14.00 Chair Workout	No online activity	12.00-13.30 Stronger Together* Patient Support Group 13.00-14.30 Group Reiki 17.30-19.00 Mourning Café	10.30-11.45 Feel Good Yoga
22	23	24	25	26
No online activity	HOPE & COPE IS CLOSED FOR PASSOVER	13.00-14.30 Newly Diagnosed Breast cancer * 4/5 Support Group	12.00-13.30 Un espace pour les proches* Support Group FR 13.00-14.30 Group Reiki	10.30-11.45 Feel Good Yoga
22	23	* hybrid = online and in-person		
No online activity	12.00-13.30 Plus forts ensemble* Patient support group FR 13.00-14.00 Chair Workout			

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