

FACING CANCER *together*

Are you **an adult**
with cancer?

PROGRAMS

WINTER 2019 / 2020

Our programs are free to join, but registration is required.

DECEMBER

THURSDAY
5 **KID'S NIGHT IN /
ADULT'S NIGHT OUT**
5:30 - 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who create art, play games, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner and socializing
- Program fills quickly— register soon!
- Special guest: Gail Horner, Yoga instructor from Camp Angel

TUESDAY
10 **GRANDPARENT & ME
PROGRAM: BLUEBIRD
HOUSE CREATION**
5:30 - 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- In partnership with Rudolph's Bluebird Houses— Each grandparent and child group will receive the pieces and tools needed to assemble their very own bluebird house
- Assemble and decorate your bluebird house with other families experiencing a cancer diagnosis
- You can bring a parent or grandparent diagnosed with cancer

THURSDAY
19 **HOLIDAY SING-ALONG**
6:00 - 8:00 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Join us for an evening of Holiday music, hot cocoa and decorating cookies
- Wear your most festive holiday outfits and be prepared for fun!

MONDAY
30 **FAMILY ICE SKATING**
12:00 - 2:00 p.m.

- Saint Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park)
- Join us for an afternoon of skating— fun for the whole family!
- Light snacks will be provided

JANUARY

THURSDAY
9 **KID'S NIGHT IN /
ADULT'S NIGHT OUT**
5:30 - 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who will create art, play games, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner and socializing
- Program fills quickly— register soon!

MONDAY
20 **COCK-A-DOODLE
TRAVELING ZOO**
5:30 - 7:00 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Cock-A-Doodle Zoo will bring their animals to the public with a fun and unique approach
- Spend time with other kids going through a similar situation and reduce your stress by petting cute creatures!
- Program is for children 4-18 years old— Adults enjoy a child-free night!

WEDNESDAY
22 **TEEN OUTREACH -
TAKE AND BAKE**
6:00 - 8:00 p.m.

- Mid-America Marketing, Inc. (9675 Hamilton Road, Suite 400, Eden Prairie)
- Come hungry and ready to learn the basics of baking
- Limited space— register soon!

FEBRUARY

SUNDAY
2 **PRETEEN OUTREACH -
BUCK HILL SNOW TUBING**
7:00 - 8:30 p.m.

- Attention preteens! Join us for an evening of snow tubing
- Meet us at the entrance of Buck Hill (15400 Buck Hill Road, Burnsville)
- Dress warm and be ready for fun
- Snacks will be provided

THURSDAY
6 **KID'S NIGHT IN /
ADULT'S NIGHT OUT:**
5:30 - 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who will get to create art, play games, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner and socializing
- Program fills quickly— register soon!

MONDAYS
3-24 **TEEN ART
EXPRESSION -
COOKING CLASSES**
6:00 - 8:00 p.m.
All sessions

Session 1 - Monday, February 3
Session 2 - Monday, February 10
Session 3 - Monday, February 17
Session 4 - Monday, February 24

- Held at Way to Cool Cooking School (16544 W 78th St, Eden Prairie)
- Art expression is for teens 13-18 year old— you won't want to miss this!
- Teens will express themselves through cooking
- Teens will create a variety of meals and learn the basics of cooking
- Series has limited space— RSVP to reserve your spot before it is filled
- You must be able to attend all 4 sessions in order to register



To register, please contact
Emily Rezac at
erezac@mnangel.org
or (612) 627-9000 ext 507.

These programs are offered
at *any* point after diagnosis,
whether in treatment or not.