



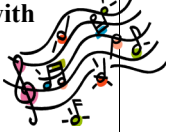






2788 Lakeshore Blvd. W.
416-251-8666

April 2018

Turn OVER and READ—Don't forget to sign up for Programs!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>LAMP & Among Friends Closed</i>	3 Coffee & Chat 1-4 <i>Drop in Support 1-4</i>	4 AF Office Closed Gym & Swim *Gus Ryder 12-1:30	5 Chair Fit 1-2 Healthy Life Style 2-4 pm	6 Writing with Ellen 1-4	7
8	9 Wellness Toolbox: <i>Healthy Snacks</i> 1-3 Tai Chi 3:30 	10 Art with Dana 2-5 	11 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 Meditation 3:30	12 Walk to SF 10:30 Storefront Humber Lunch 11:30—1	13 Music with Deb 1-4 	14
15	16 Wellness Toolbox: <i>Challenge the Tools</i> 1-3 Tai Chi 3:30	17 Coffee & Chat 1-4 <i>Drop in Support 1-4</i>	18 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 About India 3:30	19 Chair Fit 1-2 Healthy Life Style 2-4 pm	20 Birthday Bash & Planning Meeting 1-4  St. Margaret's Dinner 5 pm	21
22	23 Wellness Toolbox: <i>Hike to Cherry Blossoms in High Park</i> 11-4 <i>Take A Hike</i> 	24 Coffee & Chat 1-4 <i>Drop in Support 1-4</i>	25 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 to 4 <i>Coffee House 5:30-8 pm</i>	26 Artist Studio 1-4 	27 Soul Sisters <i>Ladies Only!</i> 1-4	28
29 	30 Wellness Toolbox: <i>Looking in the Mirror</i> 1-3 Tai Chi 3:30	May 1 Coffee & Chat 1-4 <i>Drop in Support 1-4</i>	May 2 *Gus Ryder 12-1:30 Yoga 2:20 to 4	May 3 Chair Fit 1-2 Healthy Life Style 2-4 pm	May 4 Writing with Ellen 1-4	May 5

* Gus Ryder, 1 Faustina Dr. (Birmingham and Kipling)

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W