



January 2018

2788 Lakeshore Blvd. W.
416-251-8666

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	January 1 <i>LAMP & Among Friends Closed</i>	2 Coffee & Chat 1-4 Drop in Support 1-4	3 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 to 4	4 Storefront Humber Lunch 11:30—2:30 Healthy LifeStyle 3-4 pm	5 Writing with Ellen 1-4	6
7	8 Wellness Toolbox: 5 Key Concepts & Making a Routine 1-3 Meditation 3:30	9 Art with Dana 2-5	10 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 to 4	11 Walk to SF 10:30 Storefront Humber Lunch 11:30—1	12 Soul Sisters 12-3	13
14	15 Artist Studio 1-4 	16 Coffee & Chat 1-4 Drop in Support 1-4	17 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 Meditation 3:30	18 Coffee House At Among Friends 5:30-8 pm	19 Winter Walk & Skate 1-4 St. Margaret's Dinner 5 pm	20 League of Extra-ordinary Gentlemen 1-4
21	22 No Program	23 Coffee & Chat 1-4	24 Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 Meditation 3:30	25 Walk to SF 10:30 Storefront Humber Lunch 11:30—2 pm Healthy LifeStyle 2:30-4 pm	26 Birthday Bash & Planning Meeting 1-4 	27 Youth Social (Under 35ish) Ask Staff 1-4
28 	29 Wellness Toolbox: Mindful Tools 1-3 Meditation Session 3:30	30 Coffee & Chat 1-4	31 *Gus Ryder 12-1:30 Yoga 2:20 to 4	February 1 Walk to SF 10:30 Storefront Humber Lunch 11:30—2:30	2 Writing with Ellen 1-4	

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

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W