

July Outings & Events

Storefront Humber—Lunch by the Lake

Karaoke, Coffee House, Outdoor games and of course there will always be space for the CARD players!

Meet us there—2445 Lakeshore Blvd. W. Or meet us at Among Friends at 10:30 and we will walk there together. Transportation tokens may be provided.

Coffee and Chat

This is your chance to drop in for food, friends and fabulous chit chat. Cards, games and colouring are often enjoyed during this time.

Walk for Change

We need your help! Join this active group of volunteers preparing for the Walk for Change. This walk provides AF with extra funds to help our members.

Healthy Lifestyle Management

If you want a place to chat about healthy choices, join this group at any time. Maki, the LAMP dietician, will be joining the group for some extra information. Check the calendar for her dates.



July Programs

Movie Mondays

Join us each on Mondays to get in from the heat and have some fun watching the weekly movie. Light refreshments provided.

Drop In Support

Drop in for coffee and chat and sign up to see Deb. Appointment times are related to the number of members signed up.

Gym and Swim at Gus

Ryder: If you are interested but not sure about attending, give us a call! Join some friends and hit the sauna.

Mindfulness & Relaxation

Cassandra is providing this wonderful opportunity to find relaxation and connect with mindful living.

Signing up for Programs



Sign-up is now open for programs scheduled to July 21.

Sign-up will open on July 17 for programs scheduled up to August 4th.

For the Artist

Art with Dana

Please sign up! Even if you call at the last minute...let us know you are coming!

Limited Space.

Artist Studio is open for a variety of artistic experiences. Beading, painting, colouring and general crafting can be done during this time.

As an added bonus **Stitch'n Stuff** will have its own table and a sewing machine will be available.



For more information on any of our programs or to book a personal appointment call us at 416-251-8666.