

# Calendar Details – June 2018

## Program Sign-Up Required



- **Sign up is required for workshops/events.** Late arrivals and early exits from structured workshops need to be discussed with staff in order to minimize the impact on the group.
- Sign-up for weekly programs at Among Friends or by calling 416-251-8666. The first half of the month is open for registration now and weeks 3 and 4 registration opens June 11<sup>th</sup>.

## Program Information

Cemetery Clean Up	This long standing tradition brings dignity to our peers who died while in the Lakeshore Asylum Hospital. Meet at Among Friends at 1 pm or meet Deborah and the whole group at the Cemetery on Evans Ave. at Horner. Deborah will have the supplies needed for clean-up plus some refreshments. <b>Please call AF phone by 11 am if it looks like rain</b>
Preventing Diabetes – One step at a time	Fitness – This fitness program is divided into 2, 4 week sessions; one in May and one in June. Registrants who attend qualify for a food voucher. Individual sessions can be attended but without vouchers gifted. (Note: Maximum 1 voucher per person)
Storefront Humber	Storefront Humber is now a once a month event. Due to a program closure on the second Thursday we are holding the event on the third Thursday this month. Lunch is served at 11:30 am and we will stay in the building to socialize until 1 pm. Storefront Humber – 2445 Lakeshore Blvd. W. (Lakeshore and Mimico bus stop).
Wellness Toolbox: Hike to Humber Arboretum (Rexdale)	We will meet at Among Friends at 11 am and make our lunch. We will leave at 11:15 am to bus to Humber College North Campus where we will picnic in the gardens and hike along the Humber River. Members can travel home from our destination or return to Among Friends for a brief stay.
Awards of Merit at LAMP	This annual gathering at LAMP includes a barbecue and entertainment. Check in with us at LAMP to pick up your free meal tickets. This is an open community event however the free meal tickets are for members only.
Summer health tips	Apply sunscreen with SPF 30 or higher and both UVA and UVB protection before you go outside, even on cloudy days. Wear light colour clothing, sunglasses, and a hat with a wide brim to protect exposed skin. Seek shade, especially during midday hours. Drink plenty of fluids. Remember that medication may make you more vulnerable to heat stroke



See you at Among Friends soon....