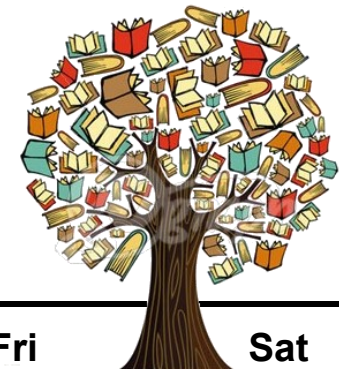




2788 Lakeshore Blvd. W.
416-251-8666

June 2018

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 27 Doors Open at LAMP 12-4	28 Wellness Toolbox: Mindful Cooking 1-3 Tai Chi 3:30-5	29 Coffee & Chat 1-4 Drop in Support 1-4	30 *Gus Ryder Gym 12-1:30 Yoga 2:20 to 4	31 Preventing Diabetes—Fitness 1:30 pm Healthy Life Style 3-4	1 Writing with Ellen 1-4	2 Cemetery Clean Up Meet at AF at 1 PM
3 Rain date: Cemetery Clean Up 1-4	4 Wellness Toolbox: Hike to Humber Arboretum 12-4 Tai Chi with Robert 3:30 to 5	5 Volunteer Cooking 1-4 Awards of Merit at LAMP 5:30 PM	6 *Gus Ryder Gym 12-1:30 Yoga 2:20 to 4	7 Preventing Diabetes—Fitness 1:30 pm Walk & Meditation at Park 3:00	8 Book Club 1-4	9
10	11 Wellness Toolbox: Writing WRAP 1-3 Tai Chi with Robert 3:30 to 5	12 Art with Dana 2-5	13 *Gus Ryder Gym 12-1:30 Yoga 2:20 to 4	14 Storefront Humber Lunch 11:30—1 Preventing Diabetes—Fitness 1:30 pm	15 Birthday Bash & Planning Meeting 1-4	16
17	18 Wellness Toolbox: Lowering Social Anxiety 1-3 Tai Chi with Robert 3:30 to 5	19 Coffee & Chat 1-4 Drop in Support 1-4	20 *Gus Ryder Gym 12-1:30 Yoga 2:20 to 4	21 Preventing Diabetes—Fitness 1:30 pm Healthy Life Style 3-4:30	22 Artist Studio 1-4	23
24	25 <div style="border: 1px dashed black; padding: 2px; display: inline-block;"> Coffee House 5:30-8 pm </div> Tai Chi with Robert 3:30 to 5	26 Coffee & Chat 1-4 Drop in Support 1-4	27 *Gus Ryder Gym 12-1:30 Yoga 2:20 to 4	28 Preventing Diabetes—Fitness 1:30 pm Meditation 3:00	29 Canada Day Celebration 1-4	30

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

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W