

March Outings & Events

Soul Sisters

Programming will include a meal, an activity and lots of lady laughter.

Generation Y (Under 40)

It's not April Fools, it's true! We are having an afternoon planned just for the 40 and under crowd. Don't be shy, come by!

League of Extra-ordinary Men

Another Weekend get together is planned. Join the group for some cooking and activities.

Let's Walk the Boardwalk

We are going out for the first spring walk. Meet at Among Friends...we'll make a lunch and take it for a walk along Lake Ontario from Humber Bay to Sunnyside.

International Women's Day Event for Men and Women at Among Friends

Let's celebrate women in our Among Friends community!

Women's Day Event (Women and Children only)

Join Deb and other women from the Etobicoke/Lakeshore Community to celebrate at LAMP. There will be food and entertainment as well as speakers on women's issues.

Lakeshore Psychiatric Hospital Interpretive Centre

Join the curator of Humber's interpretive Centre for a fun activity and opportunity to participate in a "Legacy Project".

Drop In Support

On most Tuesdays we have Drop In support. If you have a little something that you need assistance with, or you just need a friendly visit, drop in and sign up to chat with Deb.

Gym, Swim, Yoga, Chair fit, Tai Chi

Move with Among Friends. All fitness activities are adapted to individual needs. If you have any concerns, give one of the staff a call.

Wellness Toolbox:

This is about 5 key concepts and wellness tools.

WRAP Class is scheduled to move forward with building a WRAP, including looking at triggers and when things are breaking down.

Signing up for Programs



Sign-up is now open for programs scheduled to March 17.

Sign-up will open on March 13 for programs to April 1.

Art with Dana will be held each month. Painting styles and techniques will progress. Sign up so you don't miss out. Space limited.

Music Madness Music makes us all smile! Sing, drum or strum.

Guitar Lessons and Ukelele Club

We will be starting guitar and ukulele lessons. Ask about it.

Chair Fit—It's fitness and it's fun. Add this class to your weekly activity.



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