

Calendar Details – February 2018

Program Sign-Up Required



Sign up is required for all scheduled workshops/events. Late arrivals and early departures need to make special arrangements with staff in order to minimize the impact on the group.

Note that Coffee & Chat is a drop in program and arrival time is flexible.

- 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 April 9th.

Program Information

Tai Chi	Tai Chi with Robert: This ten week program continues through April. The group will work through the 24 forms. The program will be held over at LAMP CHC in the community room at 3:30. Everyone is welcome!
Chair Fit	Chair fit is back with Stacey and Carolyn. This is an additional exercise class FIT into the schedule to support members' physical health. The program will help to improve flexibility, muscle and bone strength, circulation, and stability.
Storefront Humber	Storefront Humber is now a once a month event on the second Thursday of the 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 Goes to High Park	Cherry Blossoms will light up High Park this spring. With the expected blossoming at the end of April beginning of May, we have scheduled a picnic and wellness toolbox sharing under the trees! Lunch and transit are included. Hikers should arrive at 10:30 am to prepare lunch for this trip.
Mary Shares her India Yoga Pilgrimage	Mary will share pictures and stories from touring India and the yoga pilgrimage. Cultural items and food sampling will make this a fun and authentic experience. Highlights will include: animals, ancient sites, people, farms, cities, and diverse landscapes.
Music with Deb	Deb will bring her camp like enthusiasm to this always uplifting music workshop. Sing along or help by playing guitar, ukulele or percussion instruments.
Writing with Ellen	This program requires no previous experience and supports all levels of writing. Sharing written work is always optional. Ellen gently guides members through fun and reflective writing exercises in order to produce written work or journals that help members connect with past, present or future experiences.



See you at Among Friends soon....