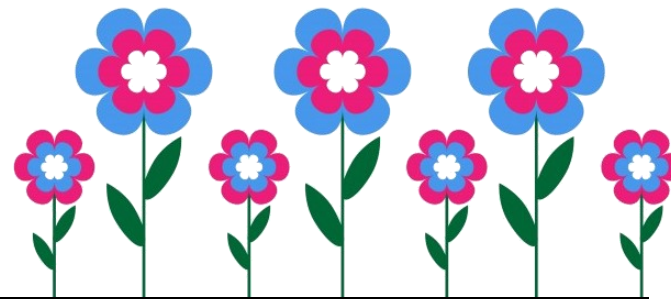




# April 2017



2788 Lakeshore Blvd. W.  
416-251-8666

Please—Don't forget to sign up for Programs!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>March 27</i> <b>Let's Walk the Boardwalk</b> 11-2 Tai Chi @LAMP 3pm	28 <b>Yoga 12:45-2</b> Ask It Basket 2-4 Drop In Support 1-4	29 <b>*Gus Ryder</b> 12-1:30 Wellness Toolbox 1:30-3:30	30 Anger Management <i>Part 1</i> 1-4	31 <b>*Peer Swim 11:15</b> Walk for Change Kick Off 1-4	1 Generation Y 1-4
2	3 No Program Tai Chi @LAMP 3pm	4 <b>Yoga 12:45-2</b> Coffee & Chat 1-4 Drop In Support 1-4	5 <b>*Gus Ryder</b> 12-1:30 Wellness Toolbox: "Resentment" 1:30-3:30	6 <b>Anger Management</b> <i>Part 2</i> 1-3 Meditation 3:30 pm	7 <b>*Peer Swim 11:15</b> Writing with Ellen 1-4	8 <b>AF Televised Hockey Game:</b> Leafs vs. Penguins 7pm
9	10 Stitch'n Stuff 1-4 Tai Chi @LAMP 3pm	11 <b>Yoga 12:45-2</b> Coffee & Chat 1-4 Drop In Support 1-4	12 <b>*Gus Ryder</b> 12-1:30 Ask It Basket 1:30-3:30	13 Coffee House 5:30-8	14 LAMP & Among Friends Closed	15 Easter Weekend
16 	17 LAMP & Among Friends Closed	18 Art with Dana 1-4 Meditation 4:15 pm	19 <b>*Gus Ryder</b> 12-1:30 Wellness Toolbox: "Change" 1:30-3:30	20 Spring Fling 1-4	21 <b>Birthday Bash &amp; Planning Meeting</b> 1-4 St. Margaret's Dinner 5 pm	22 <b>League of Extra-Ordinary Men</b> 1-4
23	24 Artist Studio 1-4 Tai Chi @LAMP 3pm	25 <b>Yoga 12:45-2</b> Coffee & Chat 1-4 Drop In Support 1-4	26 <b>*Gus Ryder</b> 12-1:30 Wellness Toolbox WRAP Building 1:30-3:30	27 Life Story Board 1-3:30 Meditation 4:00 pm	28 <b>*Peer Swim 11:15</b> Walk for Change Time Line 1-4	29 Soul Sisters 1-4
30 	May 1 Ukulele Club 1-4 Tai Chi @LAMP 3pm	2 <b>Yoga 12:45-2</b> Coffee & Chat 1-4 Drop In Support 1-4	3 <b>*Gus Ryder</b> 12-1:30 Wellness Toolbox "Relationships" 1:30-3:30	4 Walk in High Park—Cherry Blossoms 11-4 	*Peer Swim 11:15 Emotional Spending 1-4	6

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

Among Friends (AF) 2788 Lakeshore Blvd. W