

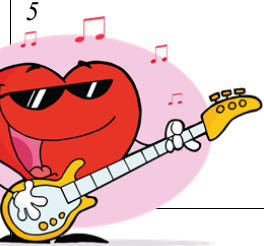


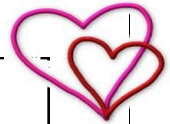








2788 Lakeshore Blvd. W.
416-251-8666

February 2017

Read descriptions on the back side of the calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 29	30 Stitch'n Stuff 1-4 Tai Chi @LAMP 3pm Meditation 4:15 pm	31 Yoga 12:45-2 Wellness Toolbox 2:15-4:15	1 Gym & Swim *Gus Ryder 1-3 Coffee & Chat 1-4	2 Destination Walk: Union Station to Dundas Square Underground 11-4	3 *Peer Swim 11:15 Artist Studio 1-4	4
5 	6 Fitness Program Series—8 weeks (Must Register) Tai Chi @LAMP 3pm	7 Yoga 12:45-2 Coffee & Chat 1-4 Drop In Support 1-4	8 *Gus Ryder 12-1:30  Wellness Toolbox WRAP 2-4	Meditation 3:00 Coffee House 5:30-8	10 *Peer Swim 11:15 Writing with Ellen 1-4	11 Soul Sisters Bowling Meet at: Bowlerama 5429 Dundas St. W. 12-3 
Love Myself Week 	13 For the Love of Music 1-3:15 Tai Chi @LAMP	14 Chair Fit For the Heart 11:30-12:30 He-Art with Dana 1-4	15 *Gus Ryder 12-1:30  Wellness Toolbox 2-4	16 Diabetes Prevention & Stress Management—6 weeks (Must Register) Meditation 3:00 pm	17 Spa Lunch 12-1 Spa Day 1-4 St. Margaret's Dinner 5 pm	18 League of Extraordinary Gentlemen 1-4
19	20  LAMP & Among Friends Closed	21 Yoga 12:45-2 Coffee & Chat 1-4 Drop In Support 1-4	22 *Gus Ryder 12-1:30  Wellness Toolbox WRAP 2-4	23 Chair Fit 11:30 am Meditation 3:00 pm	24 *Peer Swim 11:15 Birthday Bash & Planning Meeting 1-4	25 AF Televised Hockey Game: Leafs vs. Habs 7:00
26 	27 Among Friends Closed Tai Chi @LAMP 3pm	28 Yoga 12:45-2 Coffee & Chat 1-4 Drop In Support 1-4	March 1 *Gus Ryder 12-1:30  Wellness Toolbox 2-4	2 Skate Samuel Smith 10 Chair Fit 11:30 am Meditation 3:00 pm	3 *Peer Swim 11:15 Walk for Change Kick Off 11:00	4 

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

Among Friends (AF) 2788 Lakeshore Blvd. W