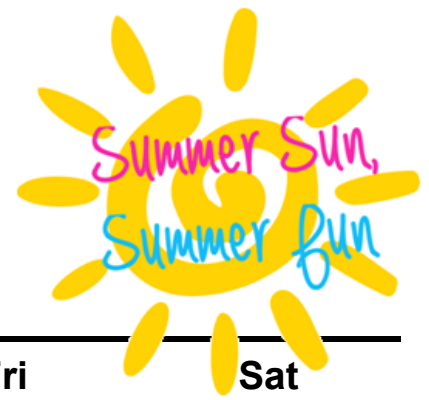




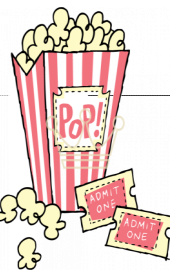






2788 Lakeshore Blvd. W.
416-251-8666

July 2017

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	26 Ukulele Club 1-4	27 Yoga 12:45-2 Coffee & Chat 1-4 Drop In Support 1-4	28 *Gus Ryder 12-1:30 Wellness Toolbox "Strength&Wellness" 2-4	29 Walk to Mimico! 10:30 Storefront Humber Lunch/Social 11:30-2:30	30 Canada— Happy 150 Picnic Front Lawn of LAMP 12-3	1  CANADA 150 1867-2017
2	3 LAMP & AF Closed	4 Coffee & Chat 1-4 Drop In Support 1-4	5 *Gus Ryder 12-1:30 Mindfulness & Relaxation 2-4	6 Walk to Mimico! 10:30 Storefront Humber Lunch/Social Karaoke 11:30-2:30 Healthy Lifestyle 3-5	7 Writing with Ellen 1-4	8
9 	10 Movie Mondays Comedy 1-4 Tai Chi @LAMP 3pm	11 Art with Dana 1-4 	12 *Gus Ryder 12-1:30 Mindfulness & Relaxation 2-4	13 Walk to Mimico! 10:30 Storefront Humber Lunch/Social Coffee House 11:30-2:30	14 Walk for Change 1-4	15 League of Extra-ordinary Men 1-4
16 	17 Movie Mondays Action 1-4 Tai Chi @LAMP 3pm	18 Coffee & Chat 1-4 Drop In Support 1-4	19 *Gus Ryder 12-1:30 Mindfulness & Relaxation 2-4	20 Walk to Mimico! 10:30 Storefront Humber Lunch/Social Outside Games 11:30-2:30	21 Birthday Bash & Planning Meeting 1-4 	22
23	24 Movie Mondays Disney 1-4 Tai Chi @LAMP 3pm	25 Coffee & Chat 1-4 Drop In Support 1-4	26 *Gus Ryder 12-1:30 Mindfulness & Relaxation 2-4	27 Walk to Mimico! 10:30 Storefront Humber Lunch/Social Games & Buttons 11:30-2:30	28 Soul Sisters Mimico Square Music 6:30-8:30	29
30 	31 Artist Studio 1-4 Tai Chi @LAMP 3pm	1 Coffee & Chat 1-4 Drop In Support 1-4	2 *Gus Ryder 12-1:30 Wellness Toolbox Welcome Back! 2-4	3 Walk to Mimico! 10:30 Storefront Humber Lunch/Social Qi Gong & Games 11:30-2:30 Healthy Lifestyle 3-4	4 No Program	5

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

Among Friends (AF) 2788