



2788 Lakeshore Blvd. W.  
416-251-8666

# March 2017

Read descriptions on the back side of the calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	February 27 <b>No Program</b> Tai Chi @LAMP 3pm	28 Yoga 12:45-2  Coffee & Chat 1-4	1 *Gus Ryder 12-1:30  Wellness Toolbox 2-4	2 Outdoor Skating 10  Chair Fit 11:30 am Meditation 3:00 pm	3 *Peer Swim 11:15  Writing with Ellen 1-4	4
5 Women's Day Event at LAMP (AF will bring Food) 4:30	6 <b>No Program</b> Tai Chi @LAMP 3pm	7 Wellness Toolbox 1-4	8 International Women's Day Event for Men and Women 1-4	9 Chair Fit 11:30 am	10 *Peer Swim 11:15  Comedy Film Festival 1-4	11
12	13 Stich and Stuff 1-3 Tai Chi @LAMP 3pm	14 Yoga 12:45-2 Coffee & Chat 1-4 Drop In Support 1-4	15 *Gus Ryder 12-1:30  Wellness Toolbox 2-4	16 Meditation 3-4 St Patrick's Day Coffee House 5:30-8	17 *Peer Swim 11:15 Humber Interpretive Centre Guest 1-4  St. Margaret's Dinner 5 pm	18 Soul Sisters 1-4
19	20 Music Madness 1-3 Tai Chi @LAMP 3pm	21 Yoga 12:45-2 Art with Dana 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 League of Extraordinary Men 1-4
26 	27 Let's Walk the Boardwalk 11-2 Tai Chi @LAMP 3pm	28 Yoga 12:45-2 Ask It Basket 2-4 Drop In Support 1-4	29 *Gus Ryder 12-1:30  Wellness Toolbox 2-4	30 Anger Management Part 1 1-4	31 *Peer Swim 11:15  Walk for Change Kick Off 1-4	April 1 Generation Y 1-4

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

Among Friends (AF) 2788 Lakeshore Blvd. W