






November 2017



2788 Lakeshore Blvd. W.
416-251-8666

Turn OVER and READ—Don't forget to sign up for Programs!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October 30 Wellness Toolbox <i>CBT</i> 1-3 Meditation 3:30—4:30pm	October 31 Halloween Party 1-4 	1 *Gus Ryder 12 to 1:30 Yoga 2:20-4	2 Walkers meet AF@11 Storefront Humber Lunch 11:30 Healthy Lifestyle 1-2	3 Writing with Ellen 1-4	4
5 Daylight Savings Ends— Fall Back!	6 Wellness Toolbox <i>Building Relationships</i> 1-3 Meditation 3:30-4:30	7 Coffee & Chat & Remembrance Board 1-4 Drop in Support 1-4	8 *Gus Ryder 12-1:30 Yoga 2:20-4	9 Walkers meet AF@11 Storefront Humber Lunch 11:30—1	10 Soul Sisters & League of Extra Ordinary Men Bowling 1-3	11
12	13 Wellness Toolbox <i>Core WRAP</i> 1-3 Meditation 3:30-4:30	14 Art with Dana 1-4 	15 *Gus Ryder 12-1:30 Yoga 2:20-4	16 Walkers meet AF@11 Storefront Humber 11:30 Music Fun! 12:30-2	17 Planning Meeting & Birthday Bash 1-4 <div style="border: 1px solid black; padding: 2px;"> St. Margaret's Dinner 5 pm </div>	18 TV—Hockey Night in Canada 7 pm
19	20 Wellness Toolbox <i>Healthy Holiday</i> 1-3 Meditation 3:30-4:30	<div style="text-align: center;">  <p>21 Art Show & Coffee House At LAMP 1-4</p> </div>	22 *Gus Ryder 12-1:30 Yoga 2:20 to 4	23 Walkers meet AF@11 Storefront Humber Lunch 11:30 Role of Care Providers 1-2:30	24 Artist Studio 1-4pm	25
26	27 Wellness Toolbox <i>Help with Anxiety</i> 1-3	28 Coffee & Chat Learn Cribbage 1-4 Drop in Support 1-4	29 *Gus Ryder 12-1:30 Yoga 2:20 to 4	30 Walkers meet AF@11 Storefront Humber Lunch 11:30 Maki—Healthy Lifestyle 12:30-2:00	December 1 Writing with Ellen 1-4	2 Santa Parade & Pancake Breakfast 9-12

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

LAMP CHC, 185 Fifth St

Storefront Humber, 2445 Lake Shore Blvd