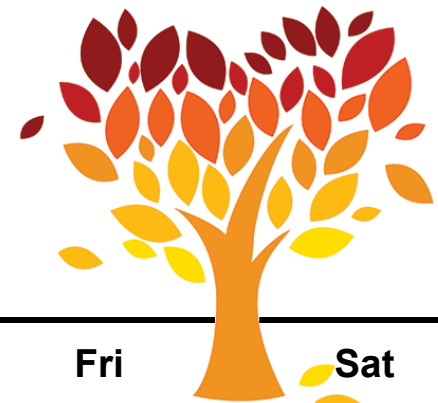




October 2017



2788 Lakeshore Blvd. W.
416-251-8666

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Wellness Toolbox 1-3 Meditation 3:30—4:30pm	3 Coffee & Chat 1-4	4 *Gus Ryder 12 to 1:30 Yoga 2:20-4	5 Walk to Mimico - 11 Storefront Humber Lunch 11:30 Qi Gong 1-2:30 <i>Healthy life style 3-4</i>	6 Remembering Andrej 1-2 Writing with Ellen 2-4	7
8 	9 <i>LAMP & Among Friends Closed</i>	10 Coffee & Chat 1-4	11 Cooking for Thanksgiving Dinner 10am-12 *Gus Ryder 12-1:30 Yoga 2:20-4	12 Storefront Humber AF Thanksgiving Dinner 11:30-1	13 <i>New Members Meeting 1-4</i>	14 Cemetery Clean Up 2-4 Rain Date: October 15
15 Remembering Cody at St. Margaret's 2pm	16 Donkey Sanctuary 9-2:30 Meet At LAMP 	17 Art with Dana 1-4 	18 *Gus Ryder Tour: AF 11 am Workout: 12-1:30 Yoga 2:20-4	19 Walkers meet AF@11 Storefront Humber Lunch 11:30 Healthy Life Style 1-2:30	20 Planning Meeting & Birthday Bash 1-4 <div style="border: 1px solid black; padding: 2px; display: inline-block;">St. Margaret's Dinner 5 pm</div>	21
22	23 Wellness Toolbox 1-3 Meditation 3:30-4:30	24 Coffee & Chat 1-4	25 *Gus Ryder 12-1:30 Yoga 2:20 to 4	26 Walkers meet AF@11 Storefront Humber Lunch 11:30 Coffee House 1-2:30	27 Artist Studio 1-4pm	28 Soul Sisters 1-4 Halloween Prep
29	30 Wellness Toolbox 1-3 Meditation 3:30-4:30	31 Halloween Party 1-4 	November 1 *Gus Ryder 12-1:30 Yoga 2:20 to 4	2 Walkers meet AF@11 Storefront Humber Lunch 11:30 Role of Care Providers 1-2:30	3 Arts and Crafts For Fundraising 1-4	

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

LAMP CHC, 185 Fifth St

Storefront Humber, 2445 Lake Shore Blvd