




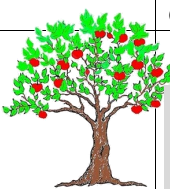


September 2017



2788 Lakeshore Blvd. W.
416-251-8666

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>August 28</i> Wellness Toolbox 1-3 Tai Chi @LAMP 3pm	29 Coffee & Chat 1-4 Drop in Support 1-4	30 *Gus Ryder 12 to 1:30 Meditation 3pm	31 Walk to Mimico - 11 Storefront Humber Lunch/Social 11:30-2:30 <i>Healthy life style 3-4</i>	1  AF Trip 9-3 pm	2
3	4 <i>LAMP & Among Friends Closed</i>	5 Coffee & Chat 1-4	6 *Gus Ryder 12-1:30 Yoga 2:20-4	7 Walk to Mimico - 11 Storefront Humber Lunch 11:30 Tai Chi 1-2:30 <i>Healthy life style 3-4</i>	8 Writing with Ellen 1-4	9 
10	11 Wellness Toolbox 12:30-2:30 LAMP Room 306 Tai Chi 3pm Meditation 4:15-5:30	12 Art with Dana 1-4 	13 *Gus Ryder 12-1:30 Yoga 2:20-4	14 No Program	15 Prep for Walk for Change 1-4 St. Margaret's Dinner 5 pm	16 Walk For Change is Here! 9:30 am Barbecue at noon
17	18 Wellness Toolbox 12:30-2:30 LAMP Room 306 Tai Chi 3pm Meditation 4:15-5:30	19 Coffee & Chat 1-4 Drop in Support 1-4	20 *Gus Ryder 12-1:30 Yoga 2:20 to 4	21 Walk to Mimico - 11 Storefront Humber Lunch 11:30 Outdoor Games 1-2:30 LAMP CHC General Meeting 6:30	22 Birthday Bash & Planning Meeting 1-4	23
24	25 Wellness Toolbox 12:30-2:30 LAMP Room 306 Tai Chi 3pm Meditation 4:15-5:30	26 Coffee & Chat 1-4 Drop in Support 1-4	27 Apple Picking Meet at LAMP 9 am  <i>Back by 2:30</i>	28 Walk to Mimico—11 Storefront Humber Lunch 11:30 Ukulele Club 1-2:30 <i>Healthy life style 3-5</i>	29 Artist Studio 1-4pm	30 Culture Days Ask Staff for Area Events List

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

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W