

Calendar Details – February 2018



Program Sign-Up Required

Sign up is required for all scheduled workshops/events. Late arrivals and early departures need to make special arrangements as this disrupts the group unless we tell people ahead of time. *Note that Coffee & Chat is a drop in program and arrival time is flexible.*

- Wellness Toolbox sessions start at 1:15 pm, please arrive prior to this time.
- Art with Dana is very popular, so sign up before the spots are gone. Registered members will lose their spot to wait listed members if they arrive after the 1:30 pm start time.
- Sign-up for weekly programs on January 27th for programs and Feb 15th for programs at the later part of the month

Program Information

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| Tai Chi | Tai Chi by Robert: A ten week program that will give you the basic steps. This program will be held over at LAMP CHC in the community room at 3:30. Everyone is welcome |
| Chair Fit & Meditation | Chair fit is back, we will concentrate on seated and standing balancing exercise. Want to improve your flexibility, muscle and bone strength, circulation, and stability this may be the program for you. Meditation will be held after Chair fit. |
| Storefront Humber | Lunch is served and ready when you arrive at Storefront Humber – 2445 Lakeshore Blvd. W. (Lakeshore and Mimico bus stop). Leftovers (if available) are distributed after 12:15 pm, so arrive before 12:15 for lunch goodies. Program starts as indicated on the calendar |
| Love thy self-week | The week full of self-care activates, from nutrition, physical activities to the arts. “Self-care is not self-indulgence, Self-care is self-respect” . Anonymous |
| Spa Day | Come for any or all of the day’s activities Soup’s On—A healthy meal starts the day. Spa Services—Massage, Manicure, Foot Bath, Facials and more |
| Writing with Ellen | This program requires no previous experience and supports all levels of writing. Sharing written work is always optional. Ellen gently guides members through fun and reflective writing exercises in order to produce written work or journals that help members connect with past, present or future experiences. |

See you at Among Friends soon....