

Calendar Details – January 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 scheduled on January 15th for programs starting Jan. 22.

Program Information

Coffee House	It's back. Come to Among Friends for our first Coffee House of 2018! Perform a reading/song/stand up or just come for the entertainment, food and socializing. Our talented members will make this evening an event to remember!
Yoga and Meditation	Watch for the shifting of the meditation program. Yoga will be each Wednesday as usual, but meditation will interchange between Monday and Wednesday. Attend one or both of these programs.
Storefront Humber	We are back at Storefront, 3 Thursdays a month. Check the calendar for the exact dates! Lunch is served at 11:30 am and will be available until 12:30 pm. Once the service is closed leftovers will be shared amongst the members who are interested in taking food home. Please bring containers if possible. Storefront Humber – 2445 Lakeshore Blvd. W. (Lakeshore and Mimico bus stop).
New Year & New Healthy Life Style	The Healthy Life Style Bi-weekly program supports members in their efforts to live a healthy lifestyle; including food planning, physical activity and motivational strategies. Maki, the LAMP Dietician attends monthly as an educational opportunity. This month she is scheduled for January 25.
Artist Studio	Finish a project or start a new one – this time is especially for you. Paint, colour, crochet or craft your way through this artist/craft studio time.
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....