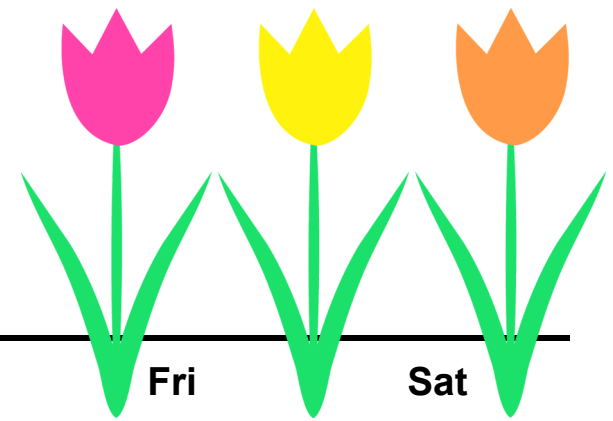




2788 Lakeshore Blvd. W.  
416-251-8666

# May 2018

Turn OVER and READ—Don't forget to sign up for Pro-



| Sun                                    | Mon   | Tue   | Wed   | Thu  | Fri   | Sat   |
|--|---|---|---|--|---|---|
|  | <i>April 30</i><br><b>Wellness Toolbox:</b><br><i>Looking in the Mirror</i><br>1-3<br><br>Tai Chi<br>3:30 | 1<br>Coffee & Chat<br>1-4<br><br><i>Drop in Support</i><br>1-4  | 2<br>*Gus Ryder<br>Gym<br>12-1:30<br><br>Yoga 2:20 to 4     | 3<br>Preventing Diabetes—<br>Fitness 1:30 pm<br><br>Healthy Life Style<br>3-5 pm                           | 4<br>Writing with Ellen<br>1-4                          | 5<br>Cemetery<br>Clean Up<br>1-4<br><i>(Raindate:<br/>                     Sunday, May 6)</i> |
| 6<br>Mental Health<br>Week<br>May 6-13 | 7<br>Wellness Toolbox:<br><i>Hike to Cherry<br/>                     Blossoms in High Park</i><br>12-4    | 8<br>Art with Dana<br>2-5<br><br>                               | 9<br>*Gus Ryder<br>Gym<br>12-1:30<br><br>Yoga 2:20 to 4     | 10<br>Among Friends<br>Closed for Staff<br>Development   | 11<br>Soul Sisters<br>1-4                               | 12  |
| 13                                     | 14<br>Tai Chi<br>3:30—5<br><br>Coffee House<br>5:30-8 pm  | 15<br>Coffee & Chat<br>1-4<br><br><i>Drop in Support</i><br>1-4 | 16<br>*Gus Ryder<br>Gym<br>12-1:30<br><br>Yoga 2:20—4       | 17<br>Storefront Humber<br>11:30-1<br>Preventing Diabetes—<br>Fitness 1:30 pm<br>Healthy Life Style<br>3-4 | 18<br>Birthday Bash<br>& Planning<br>Meeting<br>1-4<br> | 19<br>St. Margaret's<br>Dinner 5 pm   |
| 20                                     | 21<br>LAMP &<br>Among Friends<br>Closed   | 22<br>Coffee & Chat<br>1-4<br><br><i>Drop in Support</i><br>1-4 | 23<br>*Gus Ryder<br>Gym<br>12-1:30<br><br>Yoga 2:20 to 4    | 24<br>Preventing<br>Diabetes—<br>Fitness 1:30 pm<br><br>Tree of Life<br>3-4                                | 25<br>Photo<br>Journalism<br>1-4<br>                    | 26  |
| 27<br>Doors Open<br>at LAMP<br>12-4    | 28<br>Wellness Toolbox:<br><i>Mindful Cooking</i><br>1-3<br><br>Tai Chi<br>3:30-5                         | 29<br>Coffee & Chat<br>1-4<br><br><i>Drop in Support</i><br>1-4 | 30<br>*Gus Ryder<br>Gym<br>12-1:30<br><br>Yoga<br>2:20 to 4 | 31<br>Preventing<br>Diabetes—<br>Fitness 1:30 pm<br>Healthy Life Style<br>3-4                              | June 1<br>Writing with Ellen<br>1-4                     |   |

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

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W