

Calendar Details – May 2018

Program Sign-Up Required



Sign up is required for workshops/events. Late arrivals and early exits from structured workshops need to be discussed with staff in order to minimize the impact on the group.

- Sign-up for weekly programs at Among Friends or by calling 416-251-8666. The first half of the month is open for registration now and weeks 3 and 4 registration opens May 14th.

Program Information

Tai Chi	Tai Chi with Robert: This ten week program continues through April. The group will work through the 24 forms. The program will be held over at LAMP CHC in the community room at 3:30. Everyone is welcome!
Chair Fit	Chair fit is back with Stacey and Carolyn. This is an additional exercise class FIT into the schedule to support members' physical health. The program will help to improve flexibility, muscle and bone strength, circulation, and stability.
Storefront Humber	Storefront Humber is now a once a month event. Due to a program closure on the second Thursday we are holding the event on the third Thursday this month. Lunch is served at 11:30 am and we will stay in the building to socialize until 1 pm. Storefront Humber – 2445 Lakeshore Blvd. W. (Lakeshore and Mimico bus stop).
Wellness Toolbox Goes to High Park	Cherry Blossoms will light up High Park this spring if it ever arrives! We went in April but the blossoms were not ready. Let's go back with our picnic and share wellness under the trees. Lunch and transit are included. Hikers should arrive at 12:00 pm to prepare lunch for this trip.
Photo Journalism	Bring a camera or a phone (we have a few available) to this session and get ready to frame up some great photos. Brenda will talk you through some great strategies for improving your photos. The group will spend some time outside.
Cemetery Clean Up	This long standing tradition brings dignity to our peers who died while in the Lakeshore Asylum Hospital. Meet at Among Friends at 1 pm or meet Deborah and the whole group at the Cemetery on Evans Ave. at Horner. Deborah will have the supplies needed for clean-up plus some refreshments.
Doors Open at LAMP	Celebrate Mental Health Month and help inform our community about Among Friends. There will be many activities happening including: a scavenger hunt around LAMP and Healthy eating and cooking demonstrations.
Preventing Diabetes – One step at a time	Fitness – This fitness program is divided into 2, 4 week sessions; one in May and one in June. Registrants who attend qualify for a food voucher. Individual sessions can be attended but without vouchers gifted. (Note: Maximum 1 voucher per person)



See you at Among Friends soon....