

Calendar Details - November

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.*



- 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 after November 17th will start on November 10th.

Program Information

Soul Sisters & League of Extra Ordinary Men Bowling	Meet us at Bowlerama - 5429 Dundas St. West. (tokens provided) Bowling all together! There will be 5 pin, 10 pin, gutters and blocked gutters. All ages and all abilities encouraged to join the fun.
Art Show & Café At LAMP	Sell, view or buy Among Friends art. Enjoy live Among Friends performances. There will be fun, laughter and great snacks. Talk to Fizza or Brenda about the details!

Drop In Support is being offered on 2 Tuesdays in November.

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. All sessions are happening at Storefront after the lunch.
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
Santa Parade & Pancake Breakfast	Join us for this annual parade and pancake event. There will be music, marching and lots of floats outside and warm, cozy and laughter inside.
TV—Hockey Night in Canada	Saturday night Hockey is a Canadian tradition. Join Among Friends members for this sporting spectator event and cheer whichever team you like best...or...Deb's team: The Toronto Maple Leafs.