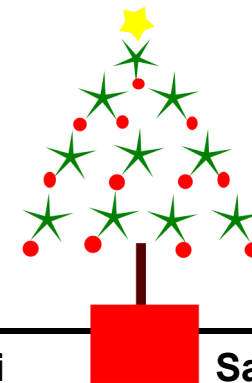






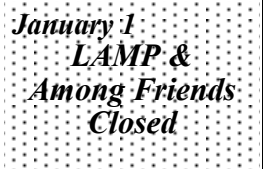



December 2017



2788 Lakeshore Blvd. W.
416-251-8666

Turn OVER and READ—Don't forget to sign up for Programs!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 26	27 Wellness Toolbox <i>Help with Anxiety</i> 1-4 Meditation 3:30—4:30pm	28 Coffee & Chat <i>Learn Cribbage</i> 1-4 Drop in Support 1-4	29 *Gus Ryder 12 to 1:30 Yoga 2:20-4	30 Storefront Humber Lunch 11:30 Maki—Healthy Life- Style 12:30-2:00	1 Writing with Ellen 1-4	2 <i>Santa Clause Parade</i> 9-12
3 	4 Destination Walk Eaton Center 11-3	5 Coffee & Chat <i>Wii Bowling</i> 1-4 Drop in Support 1-4	6 *Gus Ryder 12-1:30 Yoga 2:20-4	7 Holiday Baking 1-4	8 No Program	9 <i>2018 City Budget</i> <i>At LAMP</i> <i>Community room</i> 12—3
10	11 Wellness Toolbox <i>Core WRAP</i> 1-3 Meditation 3:30-4:30	12 Art with Dana 1-4 	13 *Gus Ryder 12-1:30 Yoga 2:20-4	14 Holiday Party Cooking 1-4	15 Holiday Lunch Festivus at LAMP 12-3	16
17	18 Wellness Toolbox <i>Wellness Tools</i> 1-3 Meditation 3:30-4:30	19 Lunch and Cineplex Movies 11-2	20 No Program	21 Coffee & Chat 1-4	22 Tea and Cookies 10-12	23
24	25 <i>Among Friends</i> <i>Closed</i> St. Margaret's Christmas Dinner 12 noon	26  <i>LAMP &</i> <i>Among Friends</i> <i>Closed</i>	27 Comedy Movie @ Among Friends 1-4 	28 Planning Meeting & Birthday Bash 1-4	29 New Year's Walk & Refreshments 10-12:30	30
31	<i>January 1</i>  <i>LAMP &</i> <i>Among Friends</i> <i>Closed</i>	2 Coffee & Chat 1-4 Drop in Support 1-4	3 *Gus Ryder 12-1:30 Yoga 2:20 to 4	4 Storefront Humber Lunch 11:30 Healthy LifeStyle 12:30-2:00	5 Writing with Ellen 1-4	6 

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

LAMP CHC, 185 Fifth St

Storefront Humber, 2445 Lake Shore Blvd