

# Calendar Details – August 2023

## Program Sign-Up Required

Workshops and Events require sign up so that we can plan appropriately and make sure the program is not over booked. Sign-up for weekly programs by calling 416-251-8666. Late arrivals and early exits from structured workshops need to be discussed with staff prior to the workshop in order to minimize the impact on the group.



## Program Information

<b>Music Therapy</b>	We have the last two Music Therapy groups this month, on Monday the 14 <sup>th</sup> and Monday the 21 <sup>st</sup> , both from 1-2pm. They have been a lot of fun, so we hope you can join us, even if you haven't been to the earlier ones!
<b>Trip to the Donkey Sanctuary</b>	Give us a call to sign up for our trip to the Donkey Sanctuary. Please arrive by 9am so we can leave on time. We will be taking a school bus to get there, and a picnic lunch will be provided. We will see many cute animals, and then return by bus to Among Friends for 4pm.
<b>Golden Sneaker Event</b>	Join us at Amos Waites Park, beside Storefront Humber and Mimico Square, for friendly competition at our annual Golden Sneaker Event. We will be playing outdoor games, blowing bubbles in the park, and having lunch together.
<b>Gym Time</b>	Did you know that you can get free passes for Gus Ryder Gym and Pool? Just ask a staff member at Among Friends and we can get you some! And on Friday, August 25 <sup>th</sup> , Ryan will be there from 11-12 to show you around. It's a great opportunity to get comfortable there if it's new to you, or to refresh your memory of the place.
<b>2SLGBTQIA+ Group</b>	This group is for members of the Two Spirit, Lesbian, Gay, Bisexual, Trans, Queer, Questioning, Intersex, and Asexual + community. If you are part of this community, please come and join us in spending time together. Activities are determined by the group and we will be planning for future get-togethers.
<b>Play Anxiety Away</b>	Our last Play Anxiety Away of the summer will be on Wednesday, August 30 <sup>th</sup> ! We will be playing some really fun games and discussing how we stay in the moment to help our anxiety. Absolutely no experience necessary, it is a warm and welcoming group and Cam is a great facilitator.