



2788 Lakeshore Blvd. W.
416-251-8666

January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	¹ Closed	² Coffee & Chat 1-3:30	³ Under 50 1-3	⁴ V- Chair Fit 11-12 Writing 1-3:30	⁵ Art with Susannah 1-3:30	⁶
	⁸ V- Peer Chat 11-12 Coffee & Chat 1-3:30	⁹ Making Soups and Sandwiches 1-3	¹⁰ V- Drawing Tutorial 11-12 Murder Mystery Program 1-3	¹¹ Chair Fit 11-12 LAMP Staff Meeting	¹² Music AF Style 1-3	¹³ Board Games 2-4 Hockey Night 7-9:30
	¹⁴	¹⁵ V- Peer Chat 11-12 Coffee & Chat 1-3:30	¹⁶ Volunteer Time 11-12:30 V-Planning Meeting 1-3	¹⁷ V- Intro to Diabetes 1-3	¹⁸ Coffee House 4-7	¹⁹ Water Colours with Susannah 1-3:30
	²² V- Peer Chat 11-12 Coffee & Chat 1-3:30	²³ Documentary & Discussion 11-12:30 Soul Sisters 2-4	²⁴ Lunch & Movie 1-3:30	²⁵ V-Chair Fit 11-12 Walk for Change 1-3	²⁶ Pipe Cleaner Crafts with Susannah 1-3	²⁷
²⁸	²⁹ V- Peer Chat 11-12 Coffee & Chat 1-3:30	³⁰ V- Lunch N' Learn Workshop 1-3	³¹ V- Mental Health Advo- cacy Group 1-3	¹ V-Chair Fit 11-12 Writing 1-3:30	² Love Thyself Art with Susannah 1-3:30	

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

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