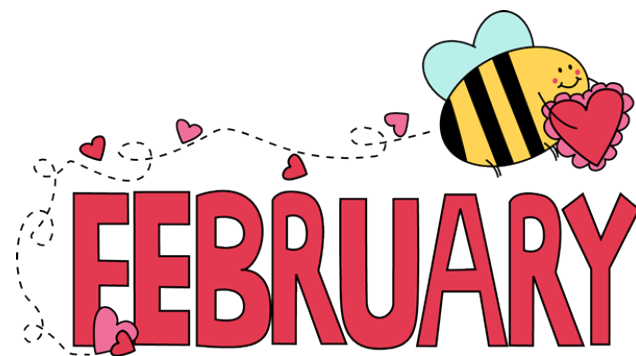








2788 Lakeshore Blvd. W.
416-251-8666

February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				¹ V- Chair Fit 11-12 V - "The Body is Not an Apology" 1-3	² Love Thyself Art 1-3:30	³ 
⁴ 	⁵ V- Peer Chat 11-12 Coffee & Chat 1-3:30	⁶ Spa Day! 12-3	⁷ Grief Workshop with Rose 1-3	⁸ V- Chair Fit 11-12 LAMP All Staff Meeting 2-4	⁹ Music 1-3	¹⁰ Lunar New Year Games 2-4 Hockey 7-9:30
¹¹	¹² V- Peer Chat 11-12 Coffee & Chat 1-3:30	¹³ Volunteer Time 11-12:30 V- Planning Meeting & Birthdays 1-3	¹⁴ Valentine's Day Appreciation Day Lunch 1-3	¹⁵ V- Chair Fit 11-12 V- Writing 12:15-2:15	¹⁶ Art Collage With Words 1-3:30	¹⁷ 
¹⁸	¹⁹ Closed for Family Day	²⁰ Decorate Cupcakes 11-12:30 Write Your Own News Story 1-3	²¹ V - Mindfulness and Meditation 1-3	²² V - Chair Fit 11-12 V-2SLGBTQIA+ Group 1-3	²³ Stitch n Stuff & Comedy 1-3	²⁴
²⁵ 	²⁶ V- Peer Chat 11-12 Coffee & Chat 1-3:30	²⁷ V - Book Club 11-12	²⁸ Trip to the Art Gallery of Ontario 11-2	²⁹ V - Chair Fit 11-12 RomCom & Lunch 1-3	