
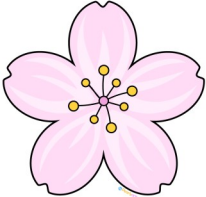







2788 Lakeshore Blvd. W.
416-251-8666

May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			¹ Lunch and a Movie 1-3	² Trip to High Park 11am@ AF Leave High Park @ 2pm	³ Cinco de Mayo 1-3	⁴ 
⁵	⁶ V-Peer Toolbox: Self Talk 11-12:30 Coffee and Chat 1-3:30	⁷ V-Chair Fit 11-12 Mental Health Day 1-3	⁸ V- Writing 1-3:30 V- Meditation 4-5	⁹ Closed	¹⁰ Canvas Painting with Susannah 1-3:30	¹¹
¹² Mother's Day	¹³ V-Peer Toolbox: Judgement 11-12:30 Coffee and Chat 1-3:30	¹⁴ V-Chair Fit 11-12 Soul Sisters 1-3	¹⁵ V - Reading Short Stories + Poetry 1-3	¹⁶ Volunteer Time 11-12:30 V - Planning/ Birthday Bash 1-3	¹⁷ Water Colour with Susannah 1-3:30	¹⁸ Cemetery Cleanup 1pm-3pm Movie Hockey @7pm
¹⁹ 	²⁰ Closed for Victoria Day	²¹ V-Chair Fit 11-12 Coffee and Chat 1-3:30	²² V - Planning Walk for Change 1-3 V- Meditation 4-5	²³ How Not to Get Scammed with Aiden 1-3	²⁴ Stitch 'n Stuff/Help Each Other Make Repairs 1-3	²⁵ 
²⁶	²⁷ V-Peer Toolbox: Change 11-12:30 Coffee and Chat 1-3:30	²⁸ V-Chair Fit 11-12 V-Mental Health and Aging 1-3	²⁹ Sharing Our Stories Project 1-3 Mini Wellness Toolbox 3-4	³⁰ Men's Group 1-3	³¹ Trip Downtown (Music Garden, Rail Yard, + Art Gallery) @	