






# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<sup>1</sup> <b>Closed for Canada Day</b>	<sup>2</sup> V-Chair Fit 11-12 Coffee & Chat 1-3:30	<sup>3</sup> Movie & Snacks 1-3:30	<sup>4</sup> V-Writing 1-3	<sup>5</sup> Art Journaling 1-3:30	<sup>6</sup> 
<sup>7</sup>	<sup>8</sup> V-Peer Toolbox: Boundaries Part 2 11-12:30 Coffee and Chat 1-3:30	<sup>9</sup> V-Chair Fit 11-12 Healthy Life Styles 1-3	<sup>10</sup> Switch it Up 1-3	<sup>11</sup> <b>Closed For LAMP Staff Day</b>	<sup>12</sup> Art in the Park/ Rock Painting 1-3:30	<sup>13</sup>
<sup>14</sup>	<sup>15</sup> V-Peer Toolbox: Shame vs. Guilt 11-12:30 Coffee and Chat 1-3:30	<sup>16</sup> V-Chair Fit 11-12 Soul Sisters 1-3	<sup>17</sup> Movies & Snacks 1-3:30	<sup>18</sup> Volunteer Time 11-12:30 V-Birthday & Planning Meeting 1-3	<sup>19</sup> Jewelry Making 1-3:30	<sup>20</sup> Sequence Tournament 1-3
<sup>21</sup> 	<sup>22</sup> V-Peer Toolbox: Expectations 11-12:30 Coffee and Chat 1-3:30	<sup>23</sup> V-Chair Fit 11-12 Lunch & Learn About Peru 1-3	<sup>24</sup> Movie & Snacks 1-3:30	<sup>25</sup> Heart Lake Trip @9am—3pm	<sup>26</sup> Art Journaling: Bring Photos 1-3:30	<sup>27</sup>
<sup>28</sup>	<sup>29</sup> V-Peer Toolbox: Power of I 11-12:30 Coffee and Chat 1-3:30	<sup>30</sup> V-Chair Fit 11-12 Line Dance 1-3	<sup>31</sup> Picnic @ Prince of Wales Park 1-3	