

Calendar Details – August 2024

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

Tai Chi	Starting in August we will be having some short Tai Chi sessions on Friday! We noticed our members were enjoying the Tai Chi videos during Chair Fit and we wanted to expand it to its own program.
Golden Sneaker Event	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.
Photography Scavenger Hunt	On the 22 nd join us for a Photography Scavenger Hunt. We will be providing already taken photos for individuals to go out find where they were taken and take pictures of the same spot. It will be a great test to see if you know our area well!
Art Journaling	Brenda will be leading Art Journaling 2x again this month and wants you to bring in photos for the program on the 2 nd . We will be incorporating them into your journals. You are still welcome to join the program if you haven't started already!
Learn to Crochet & Macrame	We will be having a learning session on how to Crochet and Macrame! If you are looking to get into these or have a project you would like to work on please join us!
Mimico Board Walk	We will be taking a walk on the path by the water in Mimico. We will begin our walk around Storefront Humber and we will be providing some light snacks and water.