







2788 Lakeshore Blvd. W.  
416-251-8666

# August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<sup>1</sup> <b>Closed for All Day Staff Meeting</b>	<sup>2</sup> Tai Chi 11-11:45 Art Journaling (Bring Photos) 1-3:30	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> <b>Closed for Civic Holiday</b>	<sup>6</sup> V-Chair Fit 11-12 Coffee & Chat 1-3:30	<sup>7</sup> Writing 1-3 Meditation 3:30-4:30	<sup>8</sup> Art 1-3:30	<sup>9</sup> <b>Closed</b>	<sup>10</sup> Cards and Games 1-3
<sup>11</sup> 	<sup>12</sup> V-Peer Toolbox: Toxic People 11-12:30 Coffee & Chat 1-3:30	<sup>13</sup> Golden Sneaker 12-3	<sup>14</sup> Ask-It Basket: Sharing Resources 1-3	<sup>15</sup> Volunteer Time 11-12:30 V-Birthdays & Planning Meeting 1-3	<sup>16</sup> Tai Chi 11-11:45 Art Journaling 1-3:30	<sup>17</sup>
<sup>18</sup> 	<sup>19</sup> V-Peer Toolbox 11-12:30 Coffee & Chat 1-3:30	<sup>20</sup> V-Chair Fit 11-12 Reminiscing Group 1-3	<sup>21</sup> Switch It Up 1-3	<sup>22</sup> Photography Scavenger Hunt 1-3	<sup>23</sup> Learn to Crochet and Macramé 1-3:30	<sup>24</sup> 
<sup>25</sup>	<sup>26</sup> V-Peer Toolbox 11-12:30 Coffee & Chat 1-3:30	<sup>27</sup> V-Chair Fit 11-12 Healthy Lifestyles 1-3	<sup>28</sup> Men's Group 1-3	<sup>29</sup> Mimico Boardwalk Walk 1-3	<sup>30</sup> Movie and Snacks 1-3	<sup>31</sup>