
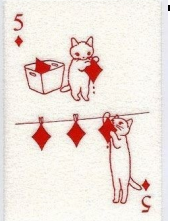
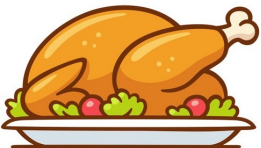






2788 Lakeshore Blvd. W.
416-251-8666

October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		¹ V-Chair Fit 11-12 Men's Group 1-3	² V-Writing 1-3	³ Mental Health Day 1-3	⁴ Art Journaling 1-3:30	⁵ 
⁶ 	⁷ Cooking for Thanksgiving Meal 10-2	Thanksgiving Meal Tuesday, Wednesday, Thursday, Friday 1-3pm				¹² Cemetery Clean up @ 1pm Cards & Games 6-8
¹³	¹⁴ Closed for Thanksgiving Day	¹⁵ V-Chair Fit 11-12 Coffee & Chat 1-3:30	¹⁶ V-Writing 1-3 Meditation 3:30-4:30	¹⁷ V-Planning Meeting & Birthday Bash 1-3	¹⁸ V-Tai Chi 11-11:45 Soul Sisters 1-3	¹⁹
²⁰ 	²¹ V-Peer Toolbox: Stress Part 1 11-12:30 Corn Roast Coffee & Chat 1-3:30	²² V-Chair Fit 11-12 Volunteer Time 1-3	²³ Art - Drawing 1-3:30	²⁴ Movie & Snacks 1-3:30	²⁵ Art Journaling 1-3:30	²⁶
	²⁸ V-Peer Toolbox: Stress Part 2 11-12:30 Coffee & Chat 1-3:30	²⁹ Cooking Peruvian Dessert with Sofia 1-3	³⁰ V-MHAG/Walk For Change Planning 1-3	³¹ Halloween Party 1-3	V-Tai Chi 11-11:45 Healthy Lifestyles 1-3	