











2788 Lakeshore Blvd. W.
416-251-8666

September 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|-------------------------------|--|--|
| 1  | 2 Closed for Labour Day | 3 V-Chair Fit 11-12 Coffee & Chat 1-3:30 | 4 Writing 1-3 Meditation 3:30-4:30 | 5 Walk Up Humber River 1-3 | 6 V-Tai Chi 11-11:45 Art Journaling 1-3:30 | 7  |
| 8 | 9 V-Peer Toolbox: Family Dynamics 11-12:30 Coffee & Chat 1-3:30 | 10 V-Chair Fit 11-12 Art 1-3:30 | 11 Planning Meeting 1-3 | 12 Closed | 13 Healthy Lifestyles 1-3 | 14 |
| 15  | 16 V-Peer Toolbox: Goal Setting 11-12:30 Coffee & Chat 1-3:30 | 17 V-Chair Fit 11-12 BBQ at LAMP 1-3 | 18 MHAG/Walk For Change Planning 1-3 | 19 LAMP AGM | 20 V-Tai Chi 11-11:45 Art Journaling 1-3:30 | 21  |
| 22  | 23 V-Peer Toolbox: Chronic Illness 11-12:30 Coffee & Chat 1-3:30 | 24 V-Chair Fit 11-12 Volunteer Time 1-3 | 25 Coffee House 4-7 | 26 Movie and Snacks 1-3:30 | 27 World View Chat 1-3  | 28 Cards and Games 1-3  |
| 29 | 30 Coffee & Chat + Orange Shirt Day 1-3 |  | | | | |