

Calendar Details – February 2025

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

Spa Day	Join us for a day of self-care where we will be indulging in face masks, massages, relaxing music, colouring, snacks and many other relaxing activities. It is important to take some time to relax and take care of our bodies and today is a great day to show ourselves some love.
Volunteer Appreciation	We will be honoring all the help of volunteers have done for our program over the last year. We will be having some certificates, food and goodies for our members who have volunteered.
Dietitian: Healthy Foods	LAMP's Community Dietician named Eileen will be coming in to demonstrate how to make some common household items into a delicious meal. Eileen has done several programs with food banks and is happy to take some suggestions for the future programs at Among Friends in March. Please sign up so we can accurately purchase enough food for everyone
Funny Bones	We are returning to Funny Bones! We will be offering just a drink and the entrance fee for our members if they would like to join us. Make sure to attend as many sessions as you can before they close during the Summer.
Celebration of Life	We will be having a Celebration of Life program on the 27 th of February to remember the members who have passed in the last couple of years. We are hoping to share some happy positive memories/stories of the members we have lost.