









2788 Lakeshore Blvd W  
416-251-8666

# February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<sup>1</sup> 
<sup>2</sup> 	<sup>3</sup> V-Peer Toolbox: Healthy Relationships 11-12:30 Coffee & Chat 1-3:30	<sup>4</sup> V-Chair Fit 11-12 Baking Pizza 1-3	<sup>5</sup> Meditation 11-12 V-Writing 1-3	<sup>6</sup> Craft: Nail + String Art 1-3	<sup>7</sup> Spa Day 1-3	<sup>8</sup>
	<sup>10</sup> V-Peer Toolbox: Healthy Expectations 11-12:30 Coffee & Chat 1-3:30	<sup>11</sup> V-Chair Fit 11-12 Student Program: Self Esteem 1-3	<sup>12</sup> V-Planning Meeting & Birthday Bash 1-3	<sup>13</sup> <b>Closed For Staff Meetings</b>	<sup>14</sup> Art Journaling 1-3:30	<sup>15</sup> Cards and Games 1-3
<sup>16</sup> 	<sup>17</sup> <b>Closed for Family Day</b>	<sup>18</sup> V-Chair Fit 11-12 Men's Group 1-3	<sup>19</sup> Dietitian: Healthy Foods 1-3	<sup>20</sup> Funny Bones 12-3	<sup>21</sup> Jewelry Making 1-3	<sup>22</sup> 
<sup>23</sup>	<sup>24</sup> V-Peer Toolbox: Healthy Heart 11-12:30 Coffee & Chat 1-3:30	<sup>25</sup> Volunteer Appreciation Day 1-3	<sup>26</sup> Art: Acrylic Winter Scene 1-3:30	<sup>27</sup> Celebration of Life 1-3	<sup>28</sup> Art Journaling 1-3:30	

# 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

<b>Spa Day</b>	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.
<b>Volunteer Appreciation</b>	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.
<b>Dietitian: Healthy Foods</b>	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
<b>Funny Bones</b>	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.
<b>Celebration of Life</b>	We will be having a Celebration of Life program on the 27 <sup>th</sup> 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.