



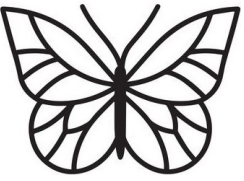




March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	³ V-Peer Toolbox: Getting Back on Track 11-12:30 Music Therapy 1-2	⁴ V-Chair Fit 11-12 Healthy Cooking with Zain 1-3	⁵ Musical - Come From Away 11-3:30	⁶ Writing 1-3:30	⁷ Coffee & Chat 2:30-5:00 Medieval Times 5:30-10	⁸ Women's Day
⁹ 	¹⁰ V-Peer Toolbox: Conflict Resolution 11-12:30 Music Therapy 1-2	¹¹ Sugar Bush Tours 8:30-3	¹² Art: 2:30-5:00 Marlies Game 5:30-10:30	¹³ Closed For Staff Meetings	¹⁴ V-Planning Meeting & Birthday Bash 1-3	¹ 
¹⁶ 	¹⁷ St Patrick's Day Party 1-3	¹⁸ V-Chair Fit 11-12 Student Program: Jeopardy 1-3	¹⁹ Dietitian: Healthy Foods 1-3	²⁰ Cineplex Movie Day	²¹ Coffee & Chat 1-3:30	²² 
²³ 	²⁴ V-Peer Toolbox: Self Esteem 11-12:30 Music Therapy 1-2	²⁵ Niagara Falls Butterfly Conservatory 8:30am-3pm	²⁶ ROM Visit 9:30-3	²⁷ Funny Bones 12-3	²⁸ Coffee & Chat 1-3:30	²⁹
³⁰	³¹ V-Peer Toolbox: Speaking Up 11-12:30 Music Therapy 1-2					

Calendar Details – March 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

Trips	For the month of March we will be doing a variety of trips to various places and we have secured bus rides all starting at Among Friends. What we need you to do is take a good look at what trips you would like to go on and to give us a ranking of your choices. We can't guarantee that you will be able to go on every trip but we hope to allow everyone to go on the trip the want to most.
Musical Come From Away	We will be heading to Mirvish Theatre to watch the music Come From Away which tells the story of an airport in New Found Land which becomes a landing spot for 7000 stranded people after planes are no longer allowed to enter the U.S after a tragedy.
Medieval Times	We will be going to Medieval times and enjoying dinner and a show there! I believe there is a variety of entertainment and interesting items to look at.
Sugar Bush Tours	We will be going on a Maple Syrup Tour and having a pancake lunch. There will be a wagon ride as well.
Marlies Game	The Toronto Maple Leafs farm team will be playing the Boston team at the CNE. If you are a fan of hockey this is the trip for you.
ROM Visit	We were lucky enough to secure free tickets to the ROM which we will be going to on the 26 th . There are plenty of exciting exhibits for us to go and explore.
Butterfly Conservatory	We will be going to Niagara falls for our second last trip of the month. We will specifically be visiting the Butterfly conservatory and possibly the gardens next door.