

Storefront Humber Inc. 2445 Lake Shore Blvd. West M8V-1C5 416-259-4207

Part of West Toronto Community Health Services



Canadian
Cancer
Society

A P R I L

2023



Monday	Tuesday	Wednesday	Thursday	Friday
GLAD 3 Osteoarthritis Fitness Programs	Birthday 4 Terrific Tuesdays	5 Strong and Steady Fitness Program	6 Boomers Giant Tiger 	7 GOOD FRIDAY
10 Easter MONDAY	Easter Bonnet 11 Terrific Tuesdays	12 Strong and Steady Fitness Program	13 Boomers Andre Rieu	14 Getting Out Feed the Ducks
GLAD 17 Osteoarthritis Fitness Programs	Special Music 18 Terrific Tuesdays	19 Strong and Steady Fitness Program	20 Boomers Humber Bay Arch 	21 Volunteers Getting Out
GLAD 24 Osteoarthritis Fitness Programs	Herb Plants 25 Terrific Tuesdays	26 Strong and Steady Fitness Program	27 Boomers Bird House	28 Getting Out Concert ROY THOMSON HALL
GLAD 31 Osteoarthritis Fitness Programs				

Quote: When you give the best to whatever you do, the best will come back to you, Hazel McCallion
 Hazel McCallion Born (Hazel Journeaux - Quebec) Feb. 14/1921 Died Jan 29/2023 Age 101

Storefront Humber Wednesday Grocery Shopping \$8.00

April 5th. Sobeys's - 12th. Walmart - 19th. No-Frills - 26th. Cloverdale

Special Celebration Party to
 Recognize the Efforts of our
 Amazing Volunteers. April 21st.



*We Need a few
 Volunteer
 Walking leaders
 Interested?*

*Please contact
 Susan @ 416-259-4207:*

Free Noon Hour Concert
 VOCA CHORUS OF TORONTO
 "Shining Night"
 FRI APR 28, 2023
 \$8.00 BUS TRIP



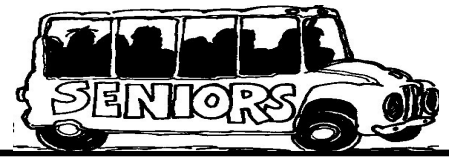
**ROY THOMSON
 HALL**



*** Please Confirm all Events and Programs prior to Attending**
 Additional information 416-259-4207 Bruce Ext.: #232 & Susan Ext.: #229

APRIL

2023



Thursday Boomers Adventures: "New" Giant Tiger Mississauga & Lunch
April 8th. \$8.00 bus trip. You purchase your own Lunch meal.



Walk the Humber Bay Arch Bridge & Trail - Pack a Lunch
Thursday April 20th. Bus Trip \$8.00 from Storefront Humber



Thursday April 28th. Free Noon Hour Roy Thomson Hall The VOCA Chorus of Toronto (\$8.00 Bus Trip.) VOCA Chorus of Toronto: Jenny Crober, conductor / Shawn Grenke, organ / Elizabeth Acker, piano / Colleen Allen, sax / Jamie Drake, percussion

Andre Rieu in Dublin Special Private Screening Queensway Cineplex April 13th.
@ 12:30pm \$5.00 and pre-registration in advance. 416-259-4207- Ext.:232 & 229



**Terrific
Tuesday
April
18th.**

**Steel Drum Music
performance by
Carl Coolman**

FREE YOGA
Monday Beginners
10:30 Advanced 1:30
With Eryl McCaffrey a
Certified
Instructor
Call Alex @
416-604-5097



Strong and Steady:
Wednesdays 1-3pm (8 weeks)
Boosting Brain Health & Memory
Mondays 1-3pm (6 weeks)
GLAD: - Osteoarthritis Monday &
Wednesday 9am - 10:30 & 11am 12:30pm
For more information Call Alex at 416-604-5097

"We acknowledge that we are on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands."



♥ **Storefront Humber Inc.**

 **The Four Villages**
Community Health Centre

West Toronto Community Health Services



Please note: Regeneration Community Services, Storefront Humber Inc., and The Four Villages Community Health Centre have amalgamated and are operating under the legal name of West Toronto Community Health Services. All contact information remains the same until further notice.

