

**Storefront Humber Inc.**  
 416-259-4207  
 2445 Lakeshore Blvd. W. M8V 1C5

# December 2023

Mon.	Tue.	Wed.	Thu.	Fri.
				<b>1</b> Chiroprody 8-5
<b>4</b> <ul style="list-style-type: none"> <li>GLAD 9 &amp; 11</li> <li>Brain Health 1pm</li> </ul>	<b>5</b> <b>December Birthdays</b> \$5 Lunch  Mindfulness in Motion (via Zoom)	<b>6</b> Shopping Walmart \$8 GLAD 9 & 11 Strong & Steady 1pm Chiroprody 8-5	<b>7</b> Living Life to the Full 10 am Chiroprody 8-5	<b>8</b> Chiroprody 8-5
<b>11</b> <ul style="list-style-type: none"> <li>GLAD 9 &amp; 11</li> <li>Brain Health 1pm</li> </ul>	<b>12</b> Terrific Tuesday Lunch & Qi Gong \$5 Mindfulness in Motion (via Zoom)	<b>13</b> Shopping Cloverdale \$8 GLAD 9 & 11 Strong & Steady 1pm Chiroprody 8-5	<b>14</b> Living Life to the Full 10 am Chiroprody 8-5	<b>15</b> Chiroprody 8-5
<b>18</b> <ul style="list-style-type: none"> <li>GLAD 9 &amp; 11</li> <li>Brain Health 1pm</li> </ul>	<b>19</b> Christmas Lunch with Music  Mindfulness in Motion (via Zoom)	<b>20</b> Shopping No Frills \$8 GLAD 9 & 11 Strong & Steady 1pm Chiroprody 8-5	<b>21</b> Living Life to the Full 10 am Chiroprody 8-5	<b>22</b> Chiroprody 8-5
<b>25</b> <b>Storefront Closed</b> 	<b>26</b> <b>Storefront Closed</b>	<b>27</b> Shopping Sobeys \$8 GLAD 9 & 11 Strong & Steady 1pm Chiroprody 8-5	<b>28</b> Living Life to the Full 10 am Chiroprody 8-5	<b>29</b> Chiroprody 8-5

# Storefront Humber Programs

## and Registration Information

### Community & Social

**Terrific Tuesdays** Lunch, a seated qi gong session, and occasional occasions \$5. To register call **Susan 416 29-4207 ext 229**

**Wednesday Shopping \$8** Register with **Helena 416 259-4207 ext 238**

**6 Dec.** Walmart

**13 Dec.** Cloverdale Mall

**20 Dec.** No Frills

**27 Dec.** Sobeys

### Health & Wellness

**GLA:D for Arthritis** – Mondays & Wednesdays 9-10:30 & 11-12:30 This is an 8 week program designed to help you live a better more active life with arthritis. To register call **Kassandra 416-604-3362 ext. 6457**

**Yoga & Meditation** Mondays 10:30 Seated class, 2:00 Mat class Improve your flexibility and balance at this gentle yoga class while developing mindfulness. Register with **Alex 416-604-3362 ext. 5097**

**Strong & Steady** Wednesdays 1-3 To join this 6 week education and activity program designed to improve your physical and mental health, call **Zahra 416 709-6064**

**Chiropodist Foot Clinic** Wednesday—Friday 8 am -5 pm Registration forms are at Reception or call **416-259-4207**

**Mindfulness in Motion** via Zoom For more information or to register call **Ori 416-788-7348**

**Boosting Brain Health & Memory** Mondays 1-3 This 6 week program is aimed at ways to boost overall brain health and memory. The course includes educational presentations and activities in a supportive environment. Call **Zahra 416-709-6064**

**Living Life to the Full** Thursdays 10 am. n 8 weeks, you can make a difference in your life – learn how to deal with worry, stress, and develop self confidence. \$40. For more information or to register call **Susan 416 259-4207 ext. 229**

### NEWS NEWS NEWS

- Our yoga instructor, Eryl, has left to pursue higher education. The program is on hold at the moment. DO call and leave your name with Alex if you want to know when we start with a new instructor.
- The Christmas lunch is full. Call Susan to put your name on the wait list.