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Monday	Tuesday	Wednesday	Thursday	Friday
		1    	2  	3 
6   	7   	8    	9  	10 
13   	14   	15    	16  	17 
20   	21   	22    	23  	24 
27   	28   	29    	30 St. Jacob's Trip 	

For more information or to register for any of these programs
 see the other side of the calendar.

Storefront Humber Inc. 2445 Lake Shore Blvd. West M8V-1C5 416-259-4207
Part of West Toronto Community Health Services operating as

Storefront Humber Programs and Registration Information



GLA:D for Arthritis - Mondays & Wednesdays 9 –10:30 & 11-12:30

To register call **Kassandra 416-604-6064**



Yoga & Meditation Mondays 10:30 Beginner class, 2:00 mat class

To register call **Alex 416-604-3362**



Boosting Brain Health & Memory Mondays 1-3

Contact **Zahra 416709-6064**



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



Mindfulness in Motion via Zoom

For more information or to register call **Ori 416-788-7348**



Strong & Steady Wednesdays 1-3

To join this falls prevention class, call Zahra 416 709-6064



Chiropodist Foot Clinic Wednesday—Friday 8 am -5 pm

Registration forms are at Reception or call 416-259-4207

Wednesday Shopping \$8

1 Nov No Frills **8 Nov.** Dixie Mall

15 Nov Cloverdale **22 Nov.** Sobeys

29 Nov. No Frills

To register call **Helena 416 259-4207 ext 238**



In response to client requests, we have found a moving company which offers Seniors Discounts: Millennium Moving [905 831-6853](tel:9058316853) info@millennialmoving.ca .