









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

May 2024

Mon.	Tue.	Wed.	Thu.	Fri.
		1  Shopping: No Frills Yoga 9 a.m. GLAD 9 & 11 Strong & Steady 1pm Chiropody 8-5	2 Bingo 10 am Social/Crafts 1 pm Chiropody 8-5	3 Chiropody 8-5
6 GLAD 9 & 11 Brain Health 1pm	7  Terrific Tuesday Birthday lunch \$5 Lunch & Qi gong Mindfulness in Motion (via Zoom)	8  Shopping: Sobey's Yoga 9 a.m. GLAD 9 & 11 Strong & Steady 1pm Chiropody 8-5	9 Bingo 10 am Social/Crafts 1 pm Chiropody 8-5	10 Chiropody 8-5
13 GLAD 9 & 11 Brain Health 1pm	14 Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (via Zoom)	15  Shopping: Cloverdale Yoga 9 a.m. GLAD 9 & 11 Strong & Steady 1pm Chiropody 8-5	16  Shopping: Starksy NO Bingo or crafts Susan away	17 Chiropody 8-5
20  Victoria Day Storefront closed	21 Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (via Zoom)	22  Shopping: Farm Boy Yoga 9 a.m. GLAD 9 & 11 Strong & Steady 1pm Chiropody 8-5	23 Bingo 10 am Social/Crafts 1 pm Chiropody 8-5	24 Chiropody 8-5 GLAD make up class
27 GLAD 9 & 11 Brain Health 1pm	28 Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (via Zoom)	29  Shopping: Walmart Yoga 9 a.m. GLAD 9 & 11 Chiropody 8-5	30 Bingo 10 am Social/Crafts 1 pm Chiropody 8-5	31 Chiropody 8-5

Storefront Humber Programs & Registration Information

Community & Social

Terrific Tuesdays Lunch, a seated qi gong session, and occasional occasions \$5. To register call **Susan 416 259-4207 ext 229**

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

1 May No Frills **8 May** Sobeys **15 May** Cloverdale Mall

22 May Farm Boy **29 May** Walmart

>>>Bonus Thursday shopping 16 May Starsky<<<

Not really a Craft Group Thursdays 1-3 A drop-in to knit, crochet, do puzzles, play games, make new friends. Tea, coffee, idle chatter, and busy fingers. Call Susan 416-259-4207 ext. 229

NEW!! Bingo Thursdays at 10 am. Come for fun. 25¢ per card per game.

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**

Strong & Steady Wednesdays 1-3 To join this 8 week falls prevention 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 Tuesdays 10-11 am For more information or to register call **Ori 416-788-7348**

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

****Yoga & Meditation** Wednesdays 9-9:45 Improve your flexibility and balance at this gentle yoga class while developing mindfulness. Register with **Alex 416-604-3362 ext. 5097**



Muskoka Steamship Cruise July 3rd, \$155

Register by May 17