

Registration Information

Not a Client?

- Complete a Well Elderly Registration Form in person at Storefront Humber

New and Existing Clients

- Register for program's in person or by phone at 416.259.4207

Unless stated otherwise, refreshments are available at a small fee

Doors open 15 minutes prior to program start

- * All physical activity programs require additional registration information

Bus Trip:

Loblaws at Maple Leaf Gardens

Friday Feb. 10th. 11:00 - 2:00

We are taking a bus to

Maple Leaf Gardens

New Loblaws Store.

This opportunity lets us see all the renovation to this history filled building.

There is a huge retail space at 85,000 square feet. Great place to have lunch.

Wide selection of food for Lunch in the Café or Canteen and Sushi Bar's

Bus Trip is \$10.00

Pick-up at Storefront Humber

Seats Limited to 10



**Do you have ...
Program Ideas,
Interests or
Skills to Share?
Volunteer Opportunities**

**Then we want to hear
from you!**

Contact us at **416.259.4207**

Yearly Membership*

\$5.00 Individual \$7.00 Family

***Voting rights at
Storefront Humber AGM**

A Healthy Lifestyle is Easy to Achieve!

- **Socializing—With others!**
- **Staying Active— Every step does help!**
- **Education—Learn something new!**

**Come enjoy the many benefits from
Well Elderly Programs
at Storefront Humber**

Storefront Humber Inc.

SUPPORT SERVICES FOR SENIORS AND DISABLED
2445 LAKESHORE BLVD. WEST, ETOBICOKE ONTARIO M8V 1C5
PHONE: 416- 259-4207 FAX: 416- 259-4200
E-MAIL: storefronthumber@bellnet.ca WEB: www.storefronthumber.ca
Charitable Number: 13037 3160 RR0001



SFH is UW member agency



ACCREDITATION CANADA
AGREMENT CANADA
Driving Quality Health Services
Force motrice de la qualité des services de santé
SFH meets national standards of quality for health services
2003-2012



SFH is serving since 1971

Serving the Community Since 1971

Storefront Humber Inc.

SUPPORT SERVICES FOR
SENIORS AND DISABLED

Senior & Well Elderly

Programs

Presentations

Bus Trips, Dining, Fitness, Social Events



**2445 Lake Shore Blvd. West
Tel: 416.259.4207**

WWW.storefronthumber.ca

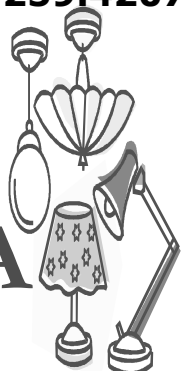
Seniors & Well Elderly Programs

Call to Register 416.259.4207

2 Bus Trips:



IKEA



Located on the Queensway
Enjoy walking through the design
showrooms, shop & then enjoy a
inexpensive lunch in the cafeteria.

Trip is \$5.00

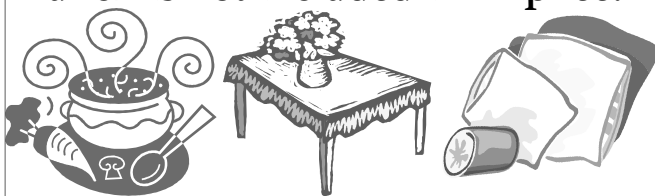
Trip 1: Friday Feb. 17th.

Pick up from Storefront Humber
11:30am to 2:30

Trip 2: Friday Feb. 24th

Pick up from Lerette Manor
11:30am to 2:30

Call to Register limited to 10 seats
Lunch is not included in Trip fee.



Valentines Dance

"LET'S DANCE PARTY"

AT

WOODS MANOR

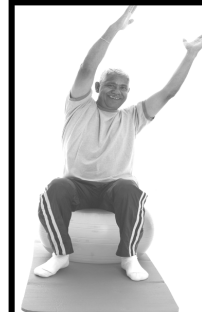
Feb. Friday 10th 1:00 till 2:30

Musical performance by Bruce Buchanan, Come and
tap your toes, move your feet or sing along to music of
the 30-40's. Big Band, Jazz, Latin, Country are but a
few of the wide selections you will hear.

(Watch for future locations for "Lets Dance Party")



Feb. 2012



\$1.00 Per. Class
Gentle Fitness

WOODS MANOR

5th. Floor Dinning Hall
Mondays

2:00Pm.-3:00Pm.

**Beginner level, to increase flexibility &
mobility. Most exercises are done in a
chair. Exercise done with a certified fit-
ness instructor. Gentle fitness will help
to reduce the risks of falls
Modified to participants abilities.**

Special Music Performance

Tuesday Feb. 7th. At 12:30 till 1:30

Performance for Valentines Day

By Phyllis & Roger Styles

Performance after

Our lunch program

At Storefront Humber.



\$1.00 per Evening

Euchre & Games

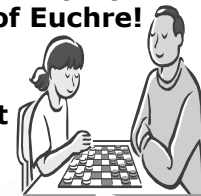
Wednesdays Evening

7:00pm-9:00pm

Lower Lounge

Bring a friend and come play a
Recreational game of Euchre!

Light refreshment
Included



Traveling Karaoke Senior Idol

Groups or Single Singers... or Just Sing -A-Long

Storefront Humber, Griggs Manor, Woods Manor, Islington Manor
and Lerette Manor. Songs we all know and love form the 30-40-50's
Come and listen and have some fun. Dress up in your favourite
performance gear. Put on a show, dance or be in the audience.
Program will be after our lunch until 2:00pm.

On Feb. 3rd. at Storefront Humber

