

January 2012

UPCOMING EVENTS

Bus Trip to IKEA Feb. 17th. & Feb. 24th.
 Maple Leaf Gardens (Loblaws) Feb. 17th
 Valentines Dance at Woods Manor Feb.10th.
 Special Performance Phyllis Styles Feb. 7th. at
 Storefront Humber after Lunch Program

LEGEND LOCATIONS

GRI—GRIGGS MANOR
LER—LERETTE MANOR
ISL—ISLINGTON MANOR
WOO—WOODS MANOR
SFH—STOREFRONT HUMBER

MEAL TIMES

BREAKFAST SERVED AT 10AM
 LUNCH SERVED AT 12PM

























STOREFRONT HUMBER INC.









Serving the Community Since 1971

2445 Lakeshore Blvd. West Etobicoke ON. M8VIC5
 Tel: (416)259-4207 Fax: (416)259-4200
 storefronthumber@bellnet.ca
 www.storefronthumber.ca
SEE REVERSE SIDE FOR MORE DETAILS



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 LER—BREAKFAST GRI—LUNCH WOO—GENTLE FIT 	3 SFH—LUNCH Bollywood Music	4 LER—LUNCH  SFH—EUCHRE SHOPPING TRIP 	5 GRI—BREAKFAST  SFH—LUNCH & FOOT CLINIC  SHOPPING TRIP ISL—LUNCH & MUSIC	6 WOO—LUNCH & BINGO	7
9 LER—BREAKFAST GRI—LUNCH WOO—GENTLE FIT 	10 SFH—LUNCH &  MOVIE	11 LER—LUNCH & BINGO SFH—EUCHRE  SHOPPING TRIP	12 SFH—LUNCH & FOOT CLINIC  SHOPPING TRIP ISL—LUNCH 	13 WOO—LUNCH	14
16 GRI—LUNCH & BINGO WOO—GENTLE FIT 	17 SFH—LUNCH	18 LER—LUNCH  SFH—EUCHRE SHOPPING TRIP 	19 SFH—LUNCH  SHOPPING TRIP  GRI—FOOT CLINIC  ISL—LUNCH & MUSIC	20 SFH/Griggs  Trip WOO—LUNCH	21
23 GRI—LUNCH WOO—GENTLE FIT 	24 SFH—LUNCH	25 LER—LUNCH Lets Dance Party SFH—SHOPPING TRIP 	26 SFH—LUNCH & BINGO SHOPPING TRIP  ISL—LUNCH	27 Bus Trip  Woods/Lerette WOO—LUNCH	28
30 GRI—LUNCH WOO—GENTLE FIT 	31 SFH—LUNCH & MUSIC				29

ACTIVITIES

-  ← BINGO
- MUSIC/KARAOKE → 
- ← MOVIE 
- PRESENTATION → 
- ← SHOPPING TRIP 
- FOOT CLINIC → 
- ← GENTLE FIT 
- EUCHRE → 
- ← MINDS MATTER 
- ← BUS TRIP 

GRIGGS MANOR		ACTIVITIES
MON	JAN 2	LUNCH
THURS	JAN 5	BREAKFAST
MON	JAN 9	LUNCH
MON	JAN 16	LUNCH & BINGO
THURS	JAN 19	FOOT CLINIC
MON	JAN 23	LUNCH
MON	JAN 30	LUNCH
LERETTE MANOR		
MON	JAN 2	BREAKFAST
WED	JAN 4	LUNCH
MON	JAN 9	BREAKFAST
WED	JAN 11	LUNCH & BINGO
WED	JAN 18	LUNCH
WED	JAN 25	LUNCH & DANCE PARTY
ISLINGTON MANOR		
THURS	JAN 5	LUNCH & MUSIC
THURS	JAN 12	LUNCH
THURS	JAN 19	LUNCH & MUSIC
THURS	JAN 26	LUNCH
WOODS MANOR		
FRI	JAN 6	LUNCH & BINGO
FRI	JAN 13	LUNCH
FRI	JAN 13	LUNCH
FRI	JAN 20	LUNCH
STOREFRONT HUMBER		
TUE	JAN 3	LUNCH & MUSIC
THURS	JAN 5	LUNCH & FOOT CLINIC
TUE	JAN 10	LUNCH & MOVIE
THURS	JAN 12	LUNCH & FOOT CLINIC
TUE	JAN 17	LUNCH
THURS	JAN 19	LUNCH
TUE	JAN 24	LUNCH
THURS	JAN 26	LUNCH & BINGO
TUE	JAN 31	LUNCH & MUSIC

DINING ACTIVITIES AND ENTERTAINMENT FOR Month/Year

ACTIVITIES AND ENTERTAINMENT BEGIN AT 12:30PM AFTER LUNCH

Come join us for a hot and nutritious meal at one of our supportive housing locations. Bring your own mug for free refills.

Please call 24 hours in advance to ensure your seat and/or appointment.

If you are interested in volunteering at any of these events, please contact Storefront Humber Inc.

BINGO—Spice It Up with a variety of patterns!
Winner of each round gets a ‘FREE LUNCH’ ticket for your next visit!

BUS TRIPS— Snug Harbour Restaurant Friday Jan 20 and 27th

Trip One is from Storefront and Griggs Manor on Jan 20th.

Trip Two is from Woods and Lerette Manor Jan. 27th

Snug Harbour is on Lake Ontario / Port Credit
Trip is \$10.00 and the food ranges from \$13.95 to \$14.95.



Wide selection of great food along with a picturesque location.
Space is limited to 10 people per trip so book early.

EUCHRE—Bring a friend and play a recreational game of Euchre.
Cost of a evening of Euchre is \$1.00 and includes coffee and tea and light snacks. Every Wednesday from 7:00pm until 9:00pm at Storefront Humber.



FOOT CLINIC \$8.00—Your feet carry you every day and require proper care. The Foot Clinic is a service provided by a foot care nurse and includes basic foot care such as nail trimming.

GAMES/CARDS—Challenge your friends to a leisurely game of cards, scrabble, checkers or dominoes.

GENTLE FIT—A beginner level fitness program focused on flexibility and mobility. Helps to prevent fall. Fun, educational, social,
Cost per. Class a \$1.00 Every Monday from 2pm to 3pm at Woods Manor.

MINDS MATTER—Challenge yourself with some brain teasers, cross-word puzzles, word finds and Sudoku.

SHOPPING TRIP \$5.00—Every Wednesday and Thursday to local malls. Trips include transportation to and from your home. Space is limited so book early!
Contact Storefront Humber for details and to reserve a spot.

(416) 259-4207 to arrange your shopping Day.



Four Bag Limit per. Person

And Remember to Invite Others to Come Along

SPECIAL EVENTS at Lerette Manor Jan. 25th

LET’S DANCE PARTY

(FREE) from 1:30 pm until 2:30pm after Lunch

Enjoy a music performance by our very own Bruce Buchanan. Come and move your feet to the beat, or Sing-A-Long with the songs on TV. You will hear a wide selection of music such as Big Band, Jazz or Latin.

This is a FREE event. Bring a friend. We hope to see you there!



“New” TRAVELING KARAOKE SENIOR IDOL

Starting on Jan 11th at Lerette Manor after Lunch.

Come and sing along or sing as a group, dance sit and tap your toes. Music of the 30-40-50’s words are on the TV and you sing-a-long. It is so fun.



PROGRAMS AND SERVICES

SNOW REMOVAL—Need some help shoveling snow? Don’t get caught in the cold. Register for our Snow Removal service. A student or a mature adult are paired with a client to provide the service.

TRANSPORTATION—Storefront Humber offers transportation to and from our programs such as the Lunch Program or Foot Clinic, Shopping Trips, Bus Trips and medical appointments.

HOME HELP—This program provides a worker to assist with everyday housework which may include cleaning, vacuuming, dusting, laundry and meal preparation.

HOME MAINTENANCE—A handy person is available to assist with home maintenance work. Service includes minor repairs, painting, washing windows or walls, installing air conditioning or smoke detector and carpet cleaning.

PLEASE CONTACT STOREFRONT HUMBER FOR MORE INFORMATION ON PROGRAMS AND SERVICES