

*Dixon Hall Neighbourhood Services*  
*Adult Enrichment & Wellness Program– 188 Carlton St.*

*March 2017*

**Monday**

The Day Centre is located at 188 Carlton Street.  
Fitness classes run every Tuesday from 2:30 - 3:30 pm .

For information on programs call  
Tracy James 416-863.0499 Ext3330  
Email: [tracy.james@dixonhall.org](mailto:tracy.james@dixonhall.org)

6  
Mosaics  
11 - 2 pm  
(Day Centre)

13  
Wellsley Central Place  
10:00-12:00 pm  
Bingo and friendly visiting  
(Meet there and bring a lunch)

20  
Sutherland-Chan Chair Massage,  
Trivia and Table Games  
11-2 pm (Day Centre)  
**\*(Sign up needed)**

27  
58 Sumach  
Foot Care Workshop & Potluck  
11-2 pm  
(Bus leaves Day Centre at 10:45 am)

**Tuesday**

7  
285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30-3:30pm (Day Centre)

14  
285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30-3:30pm (Day Centre)

21  
285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30-3:30pm (Day Centre)

28  
285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30-3:30pm (Day Centre)

**Wednesday**

1  
Members' Council Meeting  
10:30 - Meeting  
12:00 - Lunch  
1:00 - Bingo

8  
Crafting with Hannah  
11-2pm  
(Day Centre)

15  
Chair Yoga with Hannah 11-12  
Loblaws Cooking Class 1-2 pm  
60 Carlton St  
**\*(Sign up needed)**

22  
Hannah's St. Patrick's Program  
11-2 pm  
(Day Centre)

29  
Birthday Lunch:  
Mandarin Restaurant  
11-2 pm **\*(Sign up needed)**  
Bus leaves Day Centre at 10:45 am

**Thursday**

2  
55 Bleecker St.  
Korean Members Meeting  
11:00 - 12:00 pm  
Bingo - 12:30-1:45 pm

9  
55 Bleecker St.  
Social - 11-12:00pm  
Bingo - 12:15 -1:45pm

16  
Day Trip:  
Dufferin Mall  
10:45-2 pm **\*(Sign up needed)**  
(Bus leaves Day Centre at 10:45 am)

23  
55 Bleecker St.  
Plant Potting - 11-12:30 pm  
Bingo - 12:30-1:45pm

30  
Day Trip  
Fox Theatre (2236 Queen St. East)  
8:45-2pm