

58 Sumach Site Health and Wellness March 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* T.D.S.B. + Care First		1 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	2 11:00 a.m. *Yoga	3 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	4
6 10:30 a.m. Expressive Arts with Hospice Toronto 1:15 p.m. Busy Bees Meeting	7 10:00 a.m. Ping Pong 1:00 p.m. Crochet 2:30 p.m. iPad Air	8 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	9 11:00 a.m. *Yoga 1:00 p.m. Let's Colour with Images of Mandalas and Zen Patterns	10 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	11
13 12:00 p.m. Birthday Lunch 1:30 p.m. CEO Neil Hetherington follow up from January session	14 10:00 a.m. Distribute Tickets for Lunch at Mandarin 2:30 p.m. iPad Air	15 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	16 10:00 a.m. Let's Walk at Gerrard Square	17 10:30 a.m. Singing 3:00 p.m. + Fitness	18 More Info: Carmen Benoit (416) 863-0499 #2017
20 11:30 a.m. Lunch at the Mandarin to Celebrate Chinese Culture (must sign Up ahead)	21 10:00 a.m. *Sewing 1:00 p.m. Crochet 2:30 p.m. iPad Air	22 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	23 11:00 a.m. *Yoga 1:30 p.m. Outing to AGO (must sign up ahead)	24 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	25
27 11:45 a.m. Pot Luck Lunch 1:00 p.m. Foot Care Presentation by R.P.C.H.C.	28 10:00 a.m. *Sewing 1:00 p.m. Crochet 2:30 p.m. iPad Air	29 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	30 11:00 a.m. *Yoga 10:30 a.m. Movie at Fox Theatre (2236 Queen St. E.) Meet at theatre at 10:00 a.m.		