


# 58 Sumach Site Health and Wellness June 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First	* Sponsored by The Toronto District School Board		1 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	2 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	3
5 10:30 a.m. Expressive Arts with Hospice Toronto	6 10:00 a.m. Sewing 1:00 p.m. Crochet 2:30 p.m. iPad	7 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	8 10:00 a.m. Seedling Pro- gram at R.P.C.H.C 409 Parliament Street 1:00 p.m. E.S.L.	9 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	10
12 12:00 p.m. Birthday Lunch 1:45 p.m. Members' Meeting/ Program Planning	13 9:30 a.m. Let's Walk Distillery District 2:30 p.m. iPad	14 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	15 1:00 p.m. E.S.L. (Spanish/English)	16 10:30 a.m. Singing 12:15 p.m. Busy Bees Committee Lunch 3:00 p.m. +Fitness	17 More Info: Carmen Benoit (416) 863-0499 #2017
19 Seniors Month Celebration 1:00p.m. – 3:00p.m. Art and Mosaic Exhibit	20 9:30 a.m. Let's Walk Leslieville 2:30 p.m. iPad	21 11:00 a.m. Diabetes 101 (sign up) 1:00 p.m. Mahjong	22 Day Trip to St. Jacobs Farmers Market at 9:30 a.m. ( no spaces left)	23 10:30 a.m. Singing 3:00 p.m. +Fitness	24
26 10:30 a.m. Distribute Tickets for 2 outings 1:00 p.m. Busy Bees Advisory Meeting	27 1:00 p.m. Art Gallery Of Ontario ( must sign up)	28 1:00 p.m. Mahjong	29 2:00 p.m. Musical Beautiful at Ed Mirvish Theatre ( no spaces left)	30 10:30 a.m. Singing 3:00 p.m. +Fitness	