

July 2017

Adult Enrichment & Wellness Program– 188 Carlton St.

Monday

Tuesday

Wednesday

Thursday

3

**AGENCY CLOSED:
Canada Day**

10

Wellesley Central Place
10:00 - 2:00 pm
Bingo, lunch, afternoon activity
(Meet there)

17

Mosaics
11 - 2 pm
(Day Centre)

24

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

31

Mosaics Pt. 2
11 - 2 pm
(Day Centre)

4

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

11

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

18

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

25

Yonge Street Mission
BBQ and Bingo 10:30 - 2:30 pm
270 Gerrard St. East
(Meet There) ***(Sign up needed)**

5

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

12

Diabetes Workshop Series for Seniors
Nutrition and Eating
58 Sumach St. 11 –1 pm ***sign up needed**
(Bus leaves Day Centre at 10:45 am)

19

Day Trip:
Beaches Picnic 11-2 pm ***sign up**
(Bus leaves Day Centre at 10:45)

26

Lunch and Munch
11 - 2 pm ***(sign up needed)**
(Day Centre)

6

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

13

Day Trip:
Mariposa Boat Cruise
12 - 2:30 pm ***(sign up needed)**

20

55 Bleecker St.
Painting with Tracy- 11-12:30 pm
Bingo - 12:30-1:45pm

27

Day Trip
Fox Theatre (2236 Queen St. East)
8:45-2pm
(Bus leaves Day Centre at 8:45am)

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