


# 58 Sumach Site Health and Wellness July 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First					1 Happy Canada Day
3 DIXON HALL CLOSED	4 10:30 a.m. Expressive Arts	5 1:00 p.m. Let's Colour 1:00 p.m. Mahjong	6 10:30 a.m. Art Gallery of Ontario (must sign up)	7 10:00 a.m. Let's Walk Allan Gardens 3:00 p.m. +Fitness	8
10 12:00 p.m. Birthday Lunch 1:30 p.m. Neil Hetherington Update	11 11:30 a.m. Mariposa Cruise ( no spaces left)	12 11:00 a.m. Healthy Eating (must sign up) 1:00 p.m. Let's Colour 1:00 p.m. Mahjong	13 12:00 p.m. Celebrate Canada's 150th Lunch & Talk (must sign up)	14 9:00 a.m. Let's Walk Regent Park 3:00 p.m. + Fitness	15 More Info: Carmen Benoit (416) 863-0499 #2017
17 Program Closed	18 Program Closed	19 1:00 p.m. Mahjong	20 Program Closed	21 3:00 p.m. +Fitness	22
24 Program Closed 31	25 Program Closed	26 1:00 p.m. Mahjong	27 Program Closed	28 3:00 p.m. + Fitness	29