

August 2017

Adult Enrichment & Wellness Program– 188 Carlton St.

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

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**AGENCY CLOSED:
Civic Holiday**

14

Wellesley Central Place
10:00 - 12:00 pm
Bingo and friendly visiting
(Meet there)

21

58 Sumach St.
Potluck and Bingo
11-2 pm
(Bus leaves Day Centre at 10:45 am)

28

Brain Health Workshop
11-1 pm ***sign up needed**
(Day Centre)

Tuesday

1

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

8

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

15

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

22

Yonge Street Mission
Wards Island BBQ - \$18.05
(Bus leaves Day Centre at 10:45)
***Sign up needed**

29

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

Wednesday

2

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

9

Diabetes Workshop Series for Seniors
Carbohydrates and Sweeteners
58 Sumach St. 11 –1 pm ***sign up needed**
(Meet there)

16

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

23

Day Trip
Dufferin Mall
11 - 2 pm ***Sign up needed**
(Buss leaves Day Centre at 10:45 am)

30

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

Thursday

3

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

10

Day Trip
Riverdale Farm
11 - 2 pm
(Meet there)

17

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

24

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

31

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