

58 Sumach Site Health and Wellness August 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 1:00 p.m. Let's Color 1:00 p.m. Mahjong	3 1:30 p.m. Planning for Show Love event to honor Pam McConnell	4 9:00 a.m. Let's Walk Corktown Common 3:00 p.m. +Fitness	5
7 Dixon Hall closed Civic Holiday	8 10:30 a.m. Expressive Arts	9 11:00 a.m. Diabetes Education 1:00 p.m. Mahjong	10 1:30 p.m. Art Gallery of Ontario (must sign up)	11 10:00 a.m. Reiki (only 4 spaces so must sign up) 3:00 p.m. +Fitness	12
14 12:00 p.m. Birthday Lunch 1:30 p.m. Program With children from our Summer Day Camp	15 11:30 a.m. Mariposa Boat Cruise (no spaces)	16 1:00 p.m. Let's Color 1:00 p.m. Mahjong	17 9:00 a.m. Let's Walk Riverdale Farm	18 2:00 p.m. Show Love for Pam McConnell at Park Beside Pool on Dundas St. 3:00 p.m. + Fitness	19 More Info: Carmen Benoit (416) 863-0499 #2017
21 12:00 p.m. Pot Luck Lunch 1:15 p.m. Bingo	22	23 11:30 a.m. BBQ at Windmill Line Co-op (must sign up)	24 9:00 a.m. Toronto Zoo (travel by TTC and sign up)	25 3:00 p. m. +Fitness	26
28 Program Closed	29 Program Closed	30 1:00 p.m. Mahjong	31 Program Closed	+ Sponsored by Care First	