

September 2017

Adult Enrichment & Wellness Program– 188 Carlton St.

**Monday**

4

**AGENCY CLOSED:  
Labour Day**

11

Trivia and Neighbourhood Walk  
11 - 1 pm  
(Day Centre)

18

Mosaics  
10:30 - 2pm  
(Day Centre)

25

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

**Tuesday**

5

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

12

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

19

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

26

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

**Wednesday**

6

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

13

Diabetes Workshop Series for Seniors  
Farmers' Market  
Bus leaves Day Centre at 10:45 –2 pm  
**\*spaces are full**

20

Birthday Lunch:  
Under The Table Restaurant  
568 Parliament St.  
11:30 - 2pm (Meet There)

27

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

**Thursday**

7

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

14

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

21

Day Trip:  
Korean Grill House  
11– 2 pm **\*Sign up needed**  
(Bus leaves Day Centre at 10:45 am)

28

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  
Email: [tracy.james@dixonhall.org](mailto:tracy.james@dixonhall.org)