

# 58 Sumach Site

## Sept. 2017 Seniors Health and Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	
				1 3:00 p.m. Fitness	
4 Dixon Hall closed for Labor Day	5 10:30 a.m. Expressive Arts with Hospice Toronto	6 1:00 p.m. Coloring 1:00 p.m. Mahjong	7 10:00 a.m. Discussion at R. P.C.C. Seniors Lounge At 402 Shuter Street 2:30 p.m. Underpass Farmer's Market	8 10:30 a.m. Singing 3:00 p.m. +Fitness	
11 12:00 p.m. Birthday Lunch 1:45 p.m. Oral Health with Anju Rajan from Toronto Public Health	12 10:00 a.m. The Market Gallery at 95 Front St 2nd floor Exhibit Maple Leaf Forever (must sign up)	13 11:00 a.m. Diabetes Program ( no spaces left) 1:00 p.m. Art/Painting 1:00 p.m. Mahjong	14 9:30 a.m. Cooking with Jerry Abdool ( must sign up) 1:00 p.m. E.S.L. (Spanish/English)	15 10:30 a.m. Singing 3:00 p.m. + Fitness	More information talk to Carmen Benoit at (416) 863-0499 # 2017
18 9:00 a.m. Reiki ( must sign up ) 1:00 p.m. Busy Bees Meeting	19 1:00 p.m. Crochet 2:30 p.m. iPad	20 1:00 p.m. Art/Painting 1:00 p.m. Mahjong	21 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	22 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. + Fitness	* Sponsored by Toronto District School Board
25 12:00 p.m. Pot Luck Lunch 1:00 p.m. Bingo	26 1:00 p.m. Crochet 2:30 p.m. iPad	27 1:00 p.m. Art/Painting 1:00 p.m. Mahjong	28 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	29 10:30 a.m. Singing 1:30 p.m. * Fitness 3:00 p.m. + Fitness	+ Sponsored by Care First