

November 2017

Adult Enrichment & Wellness Program— 188 Carlton St.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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 Ext 3330

Email: tracy.james@dixonhall.org

6
All Things Fishy
11– 2 pm (Day Centre)

13
Wellesley Central Place
10:00 - 12:00 pm
Bingo and friendly visiting
(Meet there)

20
Mosaics, Trivia & Games
10:30 - 2pm
(Day Centre)

27
58 Sumach St.
Hearing Test
10-12 pm
Potluck 12-1 pm
(No Bus; meet there)

7
285 Shuter St.
Social, lunch & Bingo: 11-2 pm
(Bus leaves Day Centre at 10:45)
Fitness 2:30 -3:30pm (Day Centre)

14
285 Shuter St.
Social, lunch & Bingo: 11-2 pm
(Bus leaves Day Centre at 10:45)
Fitness 2:30 -3:30pm (Day Centre)

21
285 Shuter St.
Social, lunch & Bingo: 11-2 pm
(Bus leaves Day Centre at 10:45)
Fitness 2:30 -3:30pm (Day Centre)

28
285 Shuter St.
Social, lunch & Bingo: 11-2 pm
(Bus leaves Day Centre at 10:45)
Fitness 2:30 -3:30pm (Day Centre)

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

8
Birthday Lunch
Red Lobster * **Sign up needed**
11– 2 pm
(Bus leaves Day Centre at 10:45 am)

15
Day Trip
Royal Ontario Museum
11– 2 pm * **Sign up needed**
(Bus leaves Day Centre at 10:45 am)

22
Dealing with Grief Workshop
11– 1 pm
(Day Centre)

29
Day Trip
Fran's Restaurant & Grease the Musical
Elgin & Winter Garden Theatre
189 Yonge St. (**Bus leaves Day Centre at 10:45 am; return is by TTC**)

2
55 Bleecker St.
Korean Members Meeting
11:00 - 12:00 pm
Bingo - 12:30-1:45 pm

9
55 Bleecker St.
Painting 11– 12:15
Bingo - 12:30 - 1:45 pm

16
55 Bleecker St.
Social 11-12pm
Bingo 12:15 -1:45pm

23
55 Bleecker St.
Social 11-12pm
Bingo 12:15 -1:45pm

30
Day Trip
Fox Theatre (2236 Queen St. East)
8:45 -2pm
(Bus leaves Day Centre at 8:45am)