

58 Sumach Site Health and Wellness November 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	2 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	3 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	4
6 10:30 a.m. Expressive Arts with Hospice Toronto 1:15 p.m. Walk to Leslieville	7 12:15 p.m. * Chair Yoga 2:30 p.m. iPad Air	8 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	9 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	10 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	11
13 12:00 p.m. Birthday Lunch 1:30 p.m. Hand out tickets for Christmas Lunch	14 12:15 p.m. * Chair Yoga 2:30 p.m. iPad Air	15 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	16 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	17 10:30 a.m. Singing 1:30 p.m. * Fitness 3:00 p.m. + Fitness	18 More Info: Carmen Benoit (416) 863-0499 #2017
20 9:00 a.m. Reiki (must sign up) 1:15 p.m. Busy Bees Meeting	21 10:30 a.m. A.G.O. (must sign up) 2:30 p.m. iPad Air	22 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	23 11:00 a.m. * Yoga 1:00 p.m. E.S.L. (Spanish/English)	24 10:30 a.m. Singing 1:30 p.m. * Fitness 3:00 p.m. +Fitness	25
27 10:00 a.m. Hearing Tests (must sign up) 12:15 p.m. Pot Luck Lunch	28 10:00 a.m. Allan Gardens (must sign up) 2:30 p.m. iPad Air	29 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	30 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/English)	+ Sponsored by Care First * Sponsored by T.D.S.B.	