


# 58 Sumach Site Health and Wellness February 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First	* Sponsored by The Toronto District School Board		1 11:00 a.m. *Yoga 1:30 p.m. Let's Walk at Gerrard Square	2 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	3
5 10:30 a.m. Expressive Arts with Hospice Toronto	6 9:00 a.m. Caribbean Cooking ( sign up) 12:00 p. m. *Chair Yoga	7 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	8 11:00 a.m. * Yoga 12:30 p.m. Let's Dance a new weekly program with simple movements for range of fitness ( sign up)	9 10:30 a.m. Singing 1:30 p. m. *Fitness 3:00 p.m. +Fitness	10
12 12:00 p.m. Birthday Lunch 1:30 p.m. Sign up for Black History/ Lunar New Year Events	13 10:00 a.m. Let's talk 12:00 p.m. *Chair Yoga	14 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	15 11:00 a.m. * Yoga 12:30 p.m. Let's Dance 1:30 p.m. Baking with Eliza- beth Bower ( sign up)	16 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	17 More Info: Carmen Benoit (416) 863-0499 #2017
19 Dixon Hall closed for Family Day	20 12:00 p.m. * Chair Yoga	21 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	22 11:00 a.m. * Yoga  12:30 p.m. Let's Dance	23 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	24
26 12:00 p.m. Black History Month Lunch at Real Jerk ( must have a ticket)	27 12:00 p.m. * Chair Yoga	28 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong			