


58 Sumach Site Health and Wellness March 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First	* Sponsored by The Toronto District School Board		1 11:00 a.m. *Yoga 12:30 p.m. Let's Dance	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 12:00 p. m. *Chair Yoga 2:00 p.m. Drumming (188 Carlton Street)	7 10:00 a.m. Let's Talk 1:00 p.m. Art 1:00 p.m. Mahjong	8 11:30 a.m. Mandarin to Cele- brate Lunar New Year (no tickets left) 12:30 p.m. Let's Dance	9 10:30 a.m. Singing 1:30 p. m. *Fitness 3:00 p.m. +Fitness	10
12 12:00 p.m. Birthday Lunch 1:45 p.m. Celebrate St. Patrick's Day	13 12:00 p.m. Chair Yoga & Meditation 2:00 p.m. Drumming (188 Carlton Street)	14 1:00 p.m. Art 1:00 p.m. Mahjong	15 9:30 a.m. Cooking with Jerry Abdool (must sign up) 12:30 p.m. Let's Dance	16 10:30 a.m. Singing 1:30 p.m. Busy Bees Advisory Committee	17 More Info: Carmen Benoit (416) 863-0499 #2017
19 10:00 a.m. Healthy Eating /Salads with R.P.C.H.C (sign up)	20 12:00 p.m. * Chair Yoga 2:00 p.m. Drumming (188 Carlton Street)	21 1:00 p.m. Art 1:00 p.m. Mahjong	22 11:00 a.m. * Yoga 12:30 p.m. Let's Dance 1:30 p.m. Bake (sign up)	23 10:30 a.m. Singing 1:30 p.m. *Fitness	24
26 12:00 p.m. Pot Luck 1:15 p.m. Bingo	27 12:00 p.m. Chair Yoga & Meditation 2:00 p.m. Drumming (188 Carlton Street)	28 1:00 p.m. Art 1:00 p.m. Mahjong	29 11:00 a.m. *Yoga 12:30 p.m. Let's Dance	30 Dixon Hall closed Good Friday	