

# 58 Sumach Site Health and Wellness November 2017



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