

58 Sumach Site
 December 2017 Seniors Health and
 Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	
				1 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. + Fitness	
4 12:00 p.m. Birthday Lunch 1:15 Tickets for theatre 1:45 Toronto Police	5 9:00 a.m. Caribbean Cooking (sign up) 12:15 p.m. Meditation & Chair Yoga (new)	6 10:00 a.m. Knitting 1:00 p.m. Art/Mahjong 1:30 p.m. Play Grease (must sign up)	7 11:00 a.m. *Yoga 1:00 p.m. E.S.L. (Spanish/ English)	8 10:30 a.m. Singing 1:00 p.m. Busy Bees Meeting 3:00 p.m. +Fitness	
11 10:00 a.m. Decorate Christmas Tree 1:30 p.m. Bake Christmas Cookies (sign up)	12 12:15 p.m. Meditation & Chair Yoga	13 10:00 a.m. Knitting 1:30 p.m. Wrap Gifts, Lucky Draw Prizes and Set up craft table	14 11:30 a.m. Craft Sale 12:30 p.m. Seniors Christmas Lunch (no tickets left)	15 10:30 a.m. Singing 3:00 p.m. + Fitness	More information talk to Carmen Benoit at (416) 863-0499 # 2017
18 10:30 a.m. Expressive Arts 1:00 pm. Reiki (sign up)	19 12:15 p.m. Meditation & Chair Yoga	20 9:30 a.m. Let's Walk to Distillery District to see the Christmas Village	21 9:00 a.m. Doors open at Fox Theatre for light refreshments, movie starts at 10:30 1:00 p.m. E.S.L.	22 Dixon Hall closes at 12:00 p.m.	* Sponsored by Toronto District School Board + Sponsored by Care First
25 Merry Christmas Dixon Hall closed	26 Dixon Hall closed for Boxing Day	27 1:30 p.m. Art Gallery of Ontario (sign up)	28	29 Dixon Hall closes at 12:00 p.m.	