

# January 2018

## Adult Enrichment & Wellness Program– 188 Carlton



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

1

Agency Closed:  
New Years Day

2

285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
No Fitness class

3

Day Trip  
Million Dollar Quartet 1:30 - 4pm  
Panasonic Theatre -- 651 Yonge St.  
\*TTC outing , sign up needed

4

55 Bleecker St.  
Korean Members Meeting  
11:00 - 12:00 pm  
Bingo - 12:30-1:45 pm

8

Members' Council Meeting  
10:30 - Meeting  
12:00 - Lunch  
1:00 - Bingo

9

285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30 -3:30pm (Day Centre)

10

Dealing with Grief Workshop Pt. 2  
11 - 1 pm  
Day Centre

11

55 Bleecker St.  
Social 11-12pm  
Bingo 12:15 -1:45pm

15

Wellesley Central Place  
10:00- 12 pm  
Bingo and friendly visiting  
Meet there

16

285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30 -3:30pm (Day Centre)

17

Birthday Lunch  
Mandarin Restaurant  
11 - 2 pm \* sign up needed  
(Bus leaves Day Centre at 10:45 am)

18

55 Bleecker St.  
Painting 11– 12:15  
Bingo - 12:30 - 1:45 pm

22

All Fired Up Ceramics  
11- 2pm \*sign up needed  
(Bus leaves Day Centre at 10:45 am)

23

285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30 -3:30pm (Day Centre)

24

Stress Management:  
Relaxation Baskets with Spiros  
11 - 2 pm (Day Centre)

25

Day Trip  
Fox Theatre (2236 Queen St. East)  
8:45 -2pm  
(Bus leaves Day Centre at 8:45am)

29

58 Sumach St.  
Potluck and Bingo 11– 2 pm  
(Bus leaves Day Centre at 10:45 am)

30

285 Shuter St.  
Social, lunch & Bingo: 11-2 pm  
(Bus leaves Day Centre at 10:45)  
Fitness 2:30 -3:30pm (Day Centre)

31

Tharani's Program  
11 - 2 pm  
(Day Centre)

The Day Centre is located at 188 Carlton Street.  
Fitness classes run every Tuesday from 2:30 - 3:30 pm .  
For information on programs call Tracy James  
416-863.0499 Ext 3330  
Email: [tracy.james@dixonhall.org](mailto:tracy.james@dixonhall.org)