

58 Sumach Site
January 2018 Seniors Health and Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	
1 Dixon Hall Closed Happy New Year	2 12:15 p.m. Chair Yoga and Meditation with Kassandra Prus	3 Program Closed	4 Program Closed	5 1:30 p.m. Take down the Christmas Tree and Decorations	
8 9:30 a.m. Indian Cooking with Georgia Nayyar 1:15 p.m. Busy Bees Advisory Committee	9 12:15 p.m. Chair Yoga and Mediation 1:30 p.m. Crochet	10 11:00 a.m. Dealing with Grief Workshop at 188 Carlton Site 1:00 p.m. Mahjong	11 10:00 a.m. Meet at 58 Sumach and go to St. Lawrence Market to walk followed by lunch	12 10:30 a.m. Singing 3:00 p. m. +Fitness	
15 12:00 p.m. Birthday Lunch 1:45 p.m. Learn about Support for Families of Alzheimer patients	16 12:00 p. m. * Chair Yoga 1:30 p.m. Crochet	17 10:00 a.m. Social Tea & Let's Talk 1:00 p.m. Mahjong	18 11:00 a.m. *Yoga 1:30 p.m. Let's Colour	19 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. + Fitness	More information talk to Carmen Benoit at (416) 863-0499 # 2017
22 10:00 a.m. Make Soup and learn about Health Benefits of some herbs by R.P.C.H.C. staff	23 12:00 p. m. *Chair Yoga 1:30 p.m. Crochet	24 10:30 a.m. Expressive Arts 1:00 p.m. Mahjong 2:00 The Wedding Party Play (no tickets left)	25 10:00 a.m. Movie at Fox Theatre (2236 Queen St. East) 11:00 a.m. *Yoga	26 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. + Fitness	
29 12:00 p.m. Pot Luck 1:15 p.m. Bingo	30 12 p.m. * Chair Yoga 1:30 p.m. Crochet	31 1:00 p.m. Mahjong	+ Sponsored by Care First	* Sponsored by Toronto District School Board	