

March 2018

Adult Enrichment & Wellness Program– 188 Carlton

DIXON HALL
neighbourhood services

MONDAY

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

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Wellesley Central Place

10:00- 12 pm

Bingo and friendly visiting

Meet there

12

Day Trip

Medieval Times

10:30 - 3:30 pm

*Sign up needed

19

Cooking:

Green Eggs and Ham &

Green Smoothies

11 - 2 pm (Day Centre)

26

58 Sumach St.

Potluck & Bingo

10:45 - 2 pm

Bus leaves Day Centre at 10:45)

TUESDAY

6

285 Shuter St.

Social, lunch & Bingo: 11-2 pm

(Bus leaves Day Centre at 10:45)

Fitness 2:30 -3:30pm (Day Centre)

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285 Shuter St.

Social, lunch & Bingo: 11-2 pm

(Bus leaves Day Centre at 10:45)

Fitness 2:30 -3:30pm (Day Centre)

20

285 Shuter St.

Social, lunch & Bingo: 11-2 pm

(Bus leaves Day Centre at 10:45)

Fitness 2:30 -3:30pm (Day Centre)

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285 Shuter St.

Social, lunch & Bingo: 11-2 pm

(Bus leaves Day Centre at 10:45)

Fitness 2:30 -3:30pm (Day Centre)

WEDNESDAY

7

Members' Council Meeting

10:30 - Meeting

12:00 - Lunch

1:00 - Making Personal ID Tags

14

What's For Dinner?

1-2 pm (Meet there)

60 Carlton St.

**Sign is needed, no drop ins

21

Birthday Lunch

Fran's Restaurant

11 - 2 pm * sign up needed

(Bus leaves Day Centre at 10:45 am)

28

Massage Therapy

10 am - 2 pm

*Sign up needed, limited space

THURSDAY

1

55 Bleecker St.

Korean Members Meeting

11:00 - 12:00 pm

Bingo - 12:30-1:45 pm

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55 Bleecker St.

Making Personal ID Tags 11– 12:15

Bingo - 12:30 - 1:45 pm

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55 Bleecker St.

T-Shirt Designs 11– 12:15

Bingo - 12:30 - 1:45 pm

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55 Bleecker St.

Social 11-12pm

Bingo 12:15 -1:45pm

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Day Trip

Fox Theatre (2236 Queen St. East)

8:45 -2pm

(Bus leaves Day Centre at 8:45am)