

# 58 Sumach Site Health and Wellness May 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 a.m. Baking (sign up) 12:00 * Chair Yoga	<b>2</b> 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	<b>3</b> 11:00 a.m. *Yoga 12:30 a.m. Let's Dance 1:00 p.m. E.S.L.	<b>4</b> 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	<b>5</b>
<b>7</b> 10:30 a.m. Expressive Arts 1:00 p.m. Reiki (sign up)	<b>8</b> 12:00 p.m. * Chair Yoga	<b>9</b> 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	<b>10</b> 11:00 a.m. *Yoga 12:30 a.m. Let's Dance 1:00 p.m. E.S.L.	<b>11</b> 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	<b>12</b>
<b>14</b> 12:00 Birthday Lunch 1:30 p.m. Hand out Tickets for Seniors Month Lunch	<b>15</b> 12:00 p.m. * Chair Yoga 1:30 p.m. Crochet	<b>16</b> 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	<b>17</b> 11:00 a.m. *Yoga 12:30 a.m. Let's Dance 1:00 p.m. E.S.L.	<b>18</b> 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	<b>19</b> <b>More Info:</b> <b>Carmen Benoit</b> <b>(416) 863-0499</b> <b>#2017</b>
<b>21</b> Victoria Day– Dixon Hall closed	<b>22</b> 12:00 p.m. * Chair Yoga 2:00 p.m. A.G.O (sign up)	<b>23</b> 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	<b>24</b> 11:00 a.m. *Yoga 12:30 p.m. Let's Dance 1:00 p.m. E.S.L.	<b>25</b> 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	<b>26</b>
<b>28</b> 12:00 p.m. Pot Luck 1:15 p.m. Bingo	<b>29</b> 12:00 p.m. * Chair Yoga 1:30 p.m. Crochet	<b>30</b> 10:00 a.m. Knitting 1:00 p.m. Art drop in 1:00 p.m. Mahjong	<b>31</b> 11:00 a.m. *Yoga 12:30 p.m. Let's Dance 1:00 p.m. E.S.L.	+ Sponsored by Care First * Sponsored by T.D.S.B.	