

# 58 Sumach Site Health and Wellness April 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Dixon Hall</b> <b>Closed</b> <b>Easter Monday</b>	<b>3</b> <b>12:00 p.m. Chair Yoga and Meditation with</b> <b>Kassandra Prus</b>	<b>4</b> <b>1:00 p.m. Art</b> <b>1:00 p.m. Mahjong</b>	<b>5</b> <b>9:30 a.m. Walk Regent Park</b> <b>12:30 p.m. Let's Dance</b> <b>(must sign up)</b>	<b>6</b> <b>10:30 a.m. Singing</b>  <b>3:00 p.m. +Fitness</b>	<b>7</b>
<b>9</b> <b>12:00 p.m. Birthday Lunch (sign up)</b> <b>1:30 p.m. Membership Day</b>	<b>10</b> <b>12:00 p. m. *Chair Yoga</b> <b>1:30 p.m. Crochet</b>	<b>11</b> <b>10:00 a.m. Knitting</b> <b>1:00 p.m. Art</b> <b>1:00 p.m. Mahjong</b>	<b>12</b> <b>11:00 a.m. *Yoga</b>  <b>12:30 p.m. Let's Dance</b>	<b>13</b> <b>10:30 a.m. Singing</b> <b>1:30 p. m. *Fitness</b> <b>3:00 p.m. +Fitness</b>	<b>14</b>
<b>16</b> <b>10:00 a.m. Expressive Arts with Hospice Toronto</b> <b>1:30 p.m. Reiki (sign up)</b>	<b>17</b> <b>12:00 p.m. *Chair Yoga</b> <b>1:30 p.m. Crochet</b>	<b>18</b> <b>10:00 a.m. Knitting</b> <b>1:00 p.m. Art</b> <b>1:00 p.m. Mahjong</b>	<b>19</b> <b>11:00 p.m. *Yoga</b>  <b>12:30 p.m. Let's Dance</b>	<b>20</b> <b>10:30 a.m. Singing</b> <b>1:30 p.m. *Fitness</b> <b>3:00 p.m. +Fitness</b>	<b>21</b> <b>More Info:</b> <b>Carmen Benoit</b> <b>(416) 863-0499</b> <b>#2017</b>
<b>23</b> <b>10:00 a.m. Healthy Snacks with R.P.C.H.C. (sign up)</b> <b>1:30 p.m. Busy Bees Meet</b>	<b>24</b> <b>12:00 p.m. * Chair Yoga</b> <b>1:30 p.m. Crochet</b>	<b>25</b> <b>10:00 a.m. Knitting</b>  <b>1:00 p.m. Mahjong</b>	<b>26</b> <b>11:00 a.m. * Yoga</b>  <b>12:30 p.m. Let's Dance</b>	<b>27</b> <b>10:30 a.m. Singing</b> <b>1:30 p.m. * Fitness</b> <b>3:00 p.m. +Fitness</b>	<b>28</b>
<b>30</b> <b>12:00 p.m. Pot Luck</b> <b>1:15 p.m. Flower Arranging with Tracy</b>		<b>R.P.C.H.C.</b> <b>Regent Park</b> <b>Community Health</b> <b>Centre Diabetes Team</b>	<b>+ Care First</b>	<b>* Toronto District School Board</b>	