


58 Sumach Site Health and Wellness June 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First	* Sponsored by The Toronto District School Board		June is Seniors Month! “ Try something new”	1 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	2
4 10:30 a.m. Expressive Arts with Hospice Toronto 1:00 p.m. Reiki (sign up)	5 12:00 p.m. *Chair Yoga 1:30 p.m. Program planning for June 20	6 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	7 11:00 a.m. *Yoga 12:30 p.m. Let’s Dance 1:00 p.m. E.S.L. (Spanish/English)	8 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	9
11 12:00 p.m. Birthday Lunch (sign up) 1:30 p.m. Distribute tickets summer outing	12 12:00 p.m. Meditation & Chair Yoga 1:45 p.m. Let’s Walk (Distillery District)	13 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	14 11:00 a.m. *Yoga 12:30 p.m. Let’s Dance 1:00 p.m. E.S.L. (Spanish/English)	15 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	16 More Info: Carmen Benoit (416) 863-0499 #2017
18 12:30 p.m. Seniors Month Lunch Celebration (sign up) Lucky Draw	19 12:00 p.m. Meditation & Chair Yoga 1:30 p.m. Busy Bees	20 10:00 a.m. Try some- thing new Photography with iPads (sign up) 1:00 a.m. Mahjong	21 12:30 p.m. Let’s Dance	22 10:30 a.m. Singing 3:00 p.m. +Fitness	23
25 12:00 p.m. Pot Luck Lunch 1:15 p.m. Bingo	26 12:00 p.m. Meditation & Chair Yoga	27 10:00 a.m. Workshop Freezing Food (sign up) With R.P.C.H.C. 1:00 p.m. Mahjong	28 9:30 a.m. Caribbean Cook- ing with Jerry Abdool (sign up)	29 10:30 a.m. Singing 3:00 p.m. +Fitness	