

58 Sumach Site Health and Wellness **July 2018**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Dixon Hall Closed for Canada Day	3 12:00 p.m. Chair Yoga & Meditation	4 1:00 p.m. Mahjong and Any Dominoes players want to come out too?	5 9:30 a.m. Let's Walk to Jerry's Garden in Regent Park	6 9:30 a.m. Meet at 58 Sumach and head over to Sugar Beach to walk/lunch	7
9 12:00 p.m. Birthday Lunch (sign up) 1:30 p.m. Program Plan	10 12:00 p.m. Chair Yoga & Meditation	11 1:00 p.m. Mahjong and Dominoes	12 Program Closed	13 Program Closed	14
16 10:30 a.m. Expressive Arts 1:00 p.m. Reiki (sign up)	17 11:30 a.m. Mariposa Cruise (no spaces left)	18 10:30 a.m. iPad Photo Workshop session 1:00 p.m. Mahjong and Dominoes	19 9:30 a.m. Meet at 58 Sumach and we will take the TTC to Harbourfront Centre for walk /lunch	20 3:00 p.m. + Gentle Fitness	21 More Info: Carmen Benoit (416) 863-0499 #2017
23 12:00 p.m. Lunch with Day Camp Kids(sign up)	24 12:00 p.m. Chair Yoga and Meditation	25 10:30 a.m. AGO (sign up) 1:00 p.m. Mahjong	26 10:00 a.m. Fox Theatre at 2236 Queen Street East	27 3:00 p.m. + Gentle Fitness	28
30 Program Closed	31 12:00 p.m. Chair Yoga and Meditation		+Sponsored by Care First		