



58 Sumach Site Health and Wellness February 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Sponsored by Care First	* Sponsored by The Toronto District School Board (must sign up)			1 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	2
4 10:30 a.m. Expressive Arts 1:30 p.m. Blood Pressure With R.P.C.H.C.(sign up)	5 10:30 a.m. Art Gallery of Ontario (sign up)	6 10:00 a.m. Let's Talk 1:00 p.m. Mahjong	7 11:00 a.m. * Yoga 12:30 p.m. Let's Dance	8 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	9 
11 12:00 p.m. Birthday Lunch 1:30 p.m. Sign up for Black History/ Lunar New Year Event	12 10:00 a.m. Let's walk At Gerrard Square 1:30 p.m. iPads with Aleshia	13 10:00 a.m. Let's Talk 1:00 p.m. Mahjong	14 11:00 a.m. * Yoga 12:30 p.m. Let's Dance	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 Dixon Hall closed for Family Day	19 2:00 p.m. Museum of Illusions (must sign up)	20 10:30 a.m. Let's Color 1:00 p.m. Mahjong	21 11:00 a.m. * Yoga 12:30 p.m. Let's Dance	22 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	23
25 12:30 p.m. Black History Lunar New Year (must have a ticket)	26 10:30 a.m. Let's Walk At Allen Gardens	27 10:00 a.m. Let's Color 1:00 p.m. Mahjong	28 11:00 a.m. *Yoga 12:30 p.m. Let's Dance	