




58 Sumach Site Health and Wellness March 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	5 12:30 p.m. Distribute Tickets for outing on March 13 outing	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	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. Wills and Power of Attorney Susan Kaufmann	12 2:00 p.m. Art Gallery Of Ontario (must sign up)	13 10:00 a.m. Knitting 2:00 p.m. World Premiere Of play Towards Youth (must sign up)	14 9:00 a.m. Baking with Carmen (must sign up) 12:30 p.m. Let's Dance	15 10:30 a.m. Singing 3:00 p.m. +Fitness	16 More Info: Carmen Benoit (416) 863-0499 #2017
18 9:30 a.m. Indian Cooking with Georgia Nayyar (must sign up)	19 1:30 p.m. ipads with Aleshia	20 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	21 11:00 a.m. * Yoga	22 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	23 
25 12:00 p.m. Pot Luck Lunch 1:15 p.m. Bingo	26 10:30 a.m. Let's Walk At Gerrard Square	27 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	28 9:00 a.m. Baking with Carmen (must sign up)	29 10:30 a.m. Singing 3:00 p.m. +Fitness	30