

58 Sumach Site Health and Wellness April 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 a.m. Indian Cooking with Georgia (no spaces left)	2 10:00 a.m. Let's walk At Allan Gardens (sign up)	3 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	4 11:00 a.m. *Yoga (new Semester class full)	5 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	6
8 10:30 a.m. Expressive Arts 1:30 p.m. New Food Guide With R.P.C.H.C.(sign up)	9 10:30 a.m. Art Gallery of Ontario (sign up)	10 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	11 11:00 a. m. * Yoga 1:00 p.m. E.S.L. (Spanish/English)	12 10:30 a.m. Singing 1:30 p. m. *Fitness 3:00 p.m. +Fitness	13
15 12:00 p.m. Birthday Lunch 1:30 p.m. to 3:00 p.m. Membership Renewal Day	16 10:00 a.m. Baking with Elizabeth Bowers (must sign up)	17 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	18 11:00 a. m. * Yoga 1:00 p.m. E.S.L. (Spanish/English)	19 Dixon Hall closed For Good Friday	20
22 Dixon Hall closed for Easter Monday	23 1:30 p.m. iPads with Aleshia Neverson	24 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	25 11:00 a.m. * Yoga 12:30 p.m. Let's Dance 1:00 p.m. E.S.L.	26 10:30 a.m. Singing 1:30 p.m. *Fitness	27
29 12:00 p.m. Pot Luck Lunch 1:15 p.m. Bingo	30 10:30 a.m. Let's Walk At Gerrard Square	+ Sponsored by Care First	* Sponsored by TDSB	More Information: Carmen Benoit (416) 863-0499 # 2017	