












Adult Enrichment & Wellness Program- 188 Carlton St. June 2019



Monday	Tuesday	Wednesday	Thursday
<p><u>Call to Sign Up</u> <u>Sindi Yoo</u> <u>(416) 863-0499 EXT. 3330</u></p>	<p>June is Seniors' Month: </p>	<p></p>	
<p><u>3</u> <u>Member Council Meeting & Potluck:</u> <u>11-1:45pm</u> <u>(Parish Hall)</u></p> <p></p>	<p><u>4—Yonge Street Mission:11am-1:45pm</u> -Social, lunch and Bingo (*Meet there) <u>FITNESS:2:30pm-3:30pm</u> (Parish Hall)</p>	<p><u>5—Chair Yoga-10:45-12pm-Sign up</u>  <u>Health Information Session</u> <u>12:15-1:45pm-</u> (Parish Hall)</p>	<p><u>6</u> <u>55 Bleecker St.:11am-1:45pm</u> <u>Korean Member Meeting:11:30am</u> <u>Social and Bingo: 12:30-1:45pm)</u></p>
<p><u>10</u> <u>NO PROGRAM</u></p>	<p><u>11</u> <u>285 Shuter St.:10:45am-1:45pm</u> <u>Social, lunch and Bingo</u> <u>(Bus leaves at 10:45am)</u> <u>FITNESS:2:30-3:30pm(Parish Hall)</u></p>	<p><u>12—Chair Yoga-10:45-12pm at the Sanctuary Room(188 Carlton St.)</u> <u>Must Sign Up</u> <u>Health Information Session-12:15-1:45pm</u></p>	<p><u>13</u> <u>NO PROGRAM</u></p>
<p><u>17 —Birthday Lunch:11am-2pm</u> <u>Swiss Chalet Restaurant</u> <u>Must Sign Up</u> <u>(Bus leaves at 10:45 am)</u></p> <p></p>	<p><u>18—Yonge Street Mission:11am-1:45pm</u> -Social, lunch and Talent Show-Sign Up (*Meet there)</p> <p></p>	<p><u>19—Day Trip with 58 Sumach -Ward Island-8:45-3pm</u> <u>Sign-up</u> <u>(Bus Pick up 8:45am)</u></p> <p></p>	<p><u>20—55 Bleecker St.:11-1:45pm</u> <u>Social –11-12:30pm</u> <u>Bingo-12:30-1:45pm</u></p> <p></p>
<p><u>24—58 Sumach St.:11am-2pm</u> <u>Potluck and Self Care Workshop</u> <u>(Bus leaves 10:45 am)</u> <u>MUST SIGN UP!</u></p> <p></p>	<p><u>25</u> <u>285 Shuter St.:10:45am-1:45pm</u> <u>Social, lunch and Bingo</u> <u>(Bus leaves at 10:45am)</u> <u>FITNESS:2:30-3:30pm(Parish Hall)</u></p>	<p><u>26—Chair Yoga-10:45-12pm</u> <u>Sign-up</u> <u>Pride BBQ(\$2)– 12:15-1:45pm-</u> <u>(Garden Room)</u> <u>Sign-up</u></p> <p></p>	<p><u>27—55 Bleecker St.:11-1pm</u> <u>Social &Bingo-11:30-1pm</u> ----- <u>Dixon Got Talent Show-1:30-4:30pm(Parish Hall)</u></p> <p></p>