

58 Sumach Site Health and Wellness June 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Toronto District School Board + Care First	More Information: Carmen Benoit (416) 863-0499 #2017	R.P.C.H.C= Regent Park Community Health Centre	HAPPY SENIORS MONTH HAPPY PRIDE MONTH		1
3 10:30 a.m. Expressive Arts with Hospice Toronto 1:30 p. m. Make Soup with RPCHC (sign up)	4 1:30 pm. Art Gallery of Ontario (sign up)	5 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	6 11:00 a. m. * Yoga 12:30 p.m. Let's Dance 1:00 p.m. E.S.L. (Spanish/English)	7 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	8
10 10:00 a.m. Dixon Hall Van takes us to Dufferin Mall (sign up)	11 9:30 a.m. Let's Bake (sign up) 1:30 p.m. Reiki Massage (sign up)	12 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	13 12:30 p.m. Let's Dance 1:00 p.m. E.S.L. (Spanish/English)	14 10:30 a.m. Singing 3:00 p.m. +Fitness	15
17 12:00 p.m. Birthday Lunch 1:30 p.m. Hand Out Tickets for June 21	18 1:30 p.m. iPads with Aleshia Neverson (sign up)	19 8:50 a.m. Sunshine Centre for Seniors Ward Island (sign up) 1:00 p.m. Mahjong	20 12:30 p.m. Let's Dance 1:00 p.m. E.S.L. (Spanish/English)	21 12:00 p.m. Celebrate Seniors Month with Lunch and Karaoke sponsored by Chartwell	22
24 12:00 p.m. Pot Luck Lunch 1:15 p.m. Self Care with Kelly Allison (sign up)	25 No programs	26 12:15 p.m. Pride BBQ at 188 Carlton Street Sign Up with Sindi at Ext 3330 Cost \$5.00 (updated price)	27 12:30 p.m. Let's Dance 1:30 p.m. Talent Show at 188 Carlton Street RSVP Catherine Ext. 3228	28 10:30 a.m. Singing 3:00 p.m. +Fitness	29