

58 Sumach Site Health and Wellness September 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Dixon Hall closed Labour Day	3 1:30 a.m. Let's Walk At Allan Gardens (sign up)	4 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	5 10:15 a.m. Art Gallery Of Ontario (must sign up)	6 10:30 a.m. Singing 3:00 p.m. +Fitness	7
9 10:15 a.m. Outing to Dufferin Mall on van (must sign up)	10 1:30 p.m. iPads with Aleshia (sign up)	11 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	12 1:00 p.m. E.S.L. (Spanish/English)	13 10:30 a.m. Singing 12: 15 p.m. Busy Bees Meeting 3:00 p.m. +Fitness	14
16 10:30 a.m. Expressive Arts With Hospice Toronto 1:30 p.m. Reading Food Labels with R.P.C.H.C.	17 1 p.m. Reiki Massage (sign up)	18 9:30 am Bake for bake sale (sign up) 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	19 World Alzheimer's Day Bake Sale from 9 a.m. to 10:30 a.m. 11:00 a. m. * Yoga 1:00 p.m. E.S.L.	20 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	21
23 12:00 p.m. Birthday Lunch (sign up) 1:30 p.m. Program Planning	24 1p.m. Reiki Massage (sign up)	25 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	26 11:00 a.m. * Yoga 12:30 p.m. Let's Dance 1:00 p.m. E.S.L.	27 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	28
30 12:00 p.m. Pot Luck Lunch 1:15 p.m. Benefits and Credits/ Revenue Canada	Regent Park Community Health Centre (R.P.C.H.C)	+ Sponsored by Care First	* Sponsored by TDSB	More Information: Carmen Benoit (416) 863-0499 # 2017	