

58 Sumach Site Health and Wellness October 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Sponsored by Toronto District School Board + Sponsored by Care First	1 9:30 a.m. Cooking with Jerry and Joan (sign up) 1:30 p.m. iPads with Aleshia (sign up)	2 10:00 a.m. Knitting 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	3 10:00 a.m. Crochet Drop In 2:00 p.m. Tour 192 Carlton Street (sign up)	4 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	5
7 10:30 a.m. Expressive Arts Hospice Toronto 1:30 p.m. R.P.C.H.C. Healthy Snacks	8 African Hat Making With Louise at 1:00 p.m. (sign up)	9 10:00 a.m. Knitting 1:00 p.m. Art Drop In 1:00 p.m. Mahjong	10 10:00 a.m. Crochet Drop In 1:00 p.m. E.S.L. (Spanish/English)	11 10:30 a.m. Singing 12:15 p.m. Busy Bees 1:30 p.m. * Fitness 3:00 p.m. +Fitness	12
14 Dixon Hall closed Happy Thanksgiving	15 10:00 a.m. Gerrard Square (sign up) 1:00 p.m. Reiki (sign up)	16 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	17 10:00 a. m. Crochet Drop In 1:00 p.m. E.S.L. (Spanish/English)	18 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	19
21 12:00 p.m. Birthday Lunch (sign up) 1:30 p.m. Lawyer S. Kaufman	22 NO PROGRAMS	23 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	24 10:00 a.m. Crochet Drop In 1:00 p.m. E.S.L. (Spanish/English)	25 10:30 a.m. Singing 1:30 p.m. *Fitness 3:00 p.m. +Fitness	26
28 12:00 p.m. Pot Luck Lunch 1:15 p.m. Bingo	29 10:15 a.m. A.G.O. (sign up)	30 10:00 a.m. Knitting 1:00 p.m. Art 1:00 p.m. Mahjong	31 12:30 p.m. Let's Dance 1:00 p.m. E.S.L. (Spanish/English)	More Information: Carmen Benoit (416) 863-0499 # 2017	