










September 2019

Mosaic Home Care Services & Community Resource Centres Activity Calendar

www.mosaichomecare.com



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p align="center"><u>October Highlights</u> <i>Sheldon Parker, Retired Lawyer – October 10th</i> <i>St. Lawrence Day Trip & Lunch at Old Spaghetti Factory – October 25th</i></p>		<p>Knitting Group Markham Office AM: 9:30-11:30 & PM: 1:30 - 3:00</p> <p>Chair Yoga (4 Part Series) Toronto Office 3:30pm – 4:30pm</p> 		<p>Neighbourhood & Communities Group Markham Office 10:30am – 1:00pm</p> 
9	10	11	12	13
		<p>Knitting Group Markham Office AM: 9:30-11:30 & PM: 1:30 - 3:00</p> 		
16	17	18	19	20
		<p>Knitting Group Markham Office AM: 9:30-11:30 & PM: 1:30 - 3:00</p> 		<p>Chair Yoga (3 Part Series, \$) Markham Office 9:30am – 11:00am</p>
23	24	25	26	27
<p>Community Café (This month: Bodhi Meditation) Markham Office 1:30pm – 3:00pm</p> 	<p>First Link Memory Café (This Month: Alz Coffee Break Fundraiser) Markham Office 1:00pm-2:30pm</p> 	<p>Knitting Group Markham Office AM: 9:30-11:30 & PM: 1:30 - 3:00</p> 	<p>Pole Walking Toronto Office 9:30am – 11:00am</p> <p>Mosaic's Matinee Markham Office 2:00pm – 4:00pm</p>  	
30				
<p>Acrylic Painting Workshop Markham Office 1:00pm-4:00pm/Community Table Talks Whole Foods Market, Bayview 1:30pm-3:00pm/Mid-Town Knitting Toronto Office 10:00am-11:30am</p>	<p>Markham Office</p>	<p><i>The Shops on Steeles and 404</i> 2900 Steeles Avenue East, Suite 218 Markham, ON L3T 4X1</p>	<p>Toronto Office</p>	<p><i>CNIB Centre</i> 1929 Bayview Avenue, Suite 215H Toronto, ON M4G 3E8 Tel.416.322.7002</p>