

Active Fingers

Knitting & Crochet Group



Free of charge!

Just bring your own yarn, knitting
Needles or crochet hook!

Did you know...

- Knitting and crochet can relieve depression
- Projects build self-esteem
- Knitting and crochet may postpone dementia
- Knitting and crochet help to reduce stress



Third Friday of the month from 9:30-11:30 a.m.

SPRINT Senior Care Main Office

140 Merton St., Second Floor in the Jane Moore Room



July 19, 2019



October 18, 2019



August 16, 2019



November 15, 2019



September 20, 2019



December 20, 2019

For more information, please call April Powell, Supervisor,
Community Wellness, at 416-481-0669 ext. 287.

Active Fingers

Knitting & Crochet Group



Free of charge!

Just bring your own yarn, knitting
Needles or crochet hook!

Did you know...

- Knitting and crochet can relieve depression
- Projects build self-esteem
- Knitting and crochet may postpone dementia
- Knitting and crochet help to reduce stress



Third Friday of the month from 9:30-11:30 a.m.

SPRINT Senior Care Main Office

140 Merton St., Second Floor in the Jane Moore Room



July 19, 2019



October 18, 2019



August 16, 2019



November 15, 2019



September 20, 2019



December 20, 2019

For more information, please call April Powell, Supervisor,
Community Wellness, at 416-481-0669 ext. 287.