

# Active Fingers

## Knitting & Crochet Group



**Free of charge!**

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

Did you know...

- Knitting and crochet 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



*January 18, 2019*



*April 13, 2019*



*February 15, 2019*



*May 17, 2019*



*March 15, 2019*



*June 21, 2019*

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