



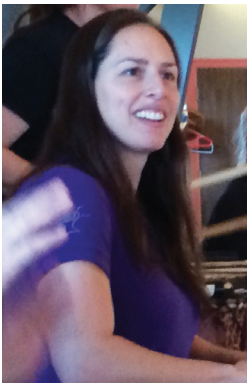
Residents of the Sumach & Community
Come and experience a morning of

Interactive Drumming Circle

with Terri Segal

Organized by Mosaic Home Care Services
& Community Resource Centre

Join Terri Segal (trained Expressive Arts Therapist and Drum Circle Facilitator)



- Engage in collaborative and FUN rhythm based activities through movement, voice and music
- Experience first-hand the health and wellness benefits of Drumming and Creativity
- Learn how to play a variety of Hand Drums and World Percussion instruments

No previous musical experience is necessary to participate.

Date: Wednesday July 10th, 2024 **Time:** 10:00 a.m. to 11:30 a.m.

Location: Terrace (weather permitting), 146 Sumach Street, Toronto

Light refreshments will be served after the program.

The Sumach Residents to RSVP early by calling the Concierge at **416-360-4770** and speak to the front desk staff to book a spot.

If you are from the community and would like to reserve, please book through **Nora Mark**, Lifestyle & Programs Manager.

Nora Mark at nmark@chartwell.com or call **416-360-4770 Ext. 1500**

THE SUMACH

by CHARTWELL | 



Home Care Services & Community Resource Centre

If you have any questions about the program, you can speak to Lifestyle & Programs Manager **Nora Mark** at nmark@chartwell.com or call **416-360-4770 Ext. 1500**.