

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>March 1, 8, 15, 22 and 29:</b></p> <p><b>March 8:</b></p> <ul style="list-style-type: none"> <li>*International Women's Day</li> <li>*Dia Internacional de la Mujer</li> <li>*Dia Internacional da Mulher</li> <li>*La Festa della donna</li> </ul>  <p><b>On-Site Tech Support for Zoom and Email</b> 10:30 a.m.-1:30 p.m. Contact Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or 416 656-8025, ext. 262.</p> <p><b>Zumba GetFit – ZOOM</b> 2:30 p.m. Call Monica 416 656-8025 ext. 264.</p>	<p><b>March 2, 9, 16, 23 and 30:</b></p> <p><b>Cantinho da Amizade – Portuguese Seniors on Facebook 1 p.m.-2 p.m.</b> Call Cristina 416 656-8025 ext. 379. <b>Mar 2:</b> Vacinas contra o COVID 19 <b>Mar 9:</b> Dia das mulher <b>Mar 16:</b> Bingo <b>Mar 23:</b> Comendo bem <b>Mar 30:</b> Bingo</p> <p><b>Donne Insieme –ZOOM Italian Seniors 1 p.m.-2 p.m.</b> For information, call Maria at 416 656-8025, ext. 246.</p> <p><b>Chair Yoga – ZOOM 2:30 p.m.</b> For information, call Monica at 416 656-8025, 264.</p> <p><b>Aspire Choir Sing Along with Doug – ZOOM</b> 3:15 p.m.-4:15 p.m. For information, call Maria at 416 656-8025, ext. 246.</p> <p><b>Low-impact Cardio and Stretch – ZOOM 7 p.m.</b> For information, call Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or (416) 656-8025, ext. 262.</p>	<p><b>March 3, 10, 17, 24 and 31:</b></p> <p><b>Art for All ZOOM: Painting Workshop – Watercolour Techniques with Tania Iraheta</b> 10 a.m. – 12 noon For information, Call Mariela 416 656-8025 ext. 263</p> <p style="text-align: center;"><b>March 17</b></p>  <p><b>Wellness –ZOOM English Seniors</b> 1 p.m.-2 p.m. For information, call Dolores at 416 656-8025, ext. 262</p> <p><b>Chair Zumba – ZOOM</b> 2:30 p.m. For information, call Monica at (416) 656-8025, ext. 264.</p>	<p><b>March 4, 11, 18 and 25:</b></p> <p><b>Club Amistad –ZOOM Spanish Seniors</b> 1 p.m.-2 p.m. For information, call Mariela at 416 656-8025, ext. 263. <b>Marzo 4</b> Dia de la Mujer <b>Marzo11</b> Preparacion Jardin <b>Marzo18</b> Nutricion Marzo 25 Plantas Colgantes</p> <p><b>Zumba Toning – ZOOM</b> 2:30 p.m. For information, call Monica at 416 656-8025, ext. 264.</p> <p><b>Daylight Savings Time begins on March 14. Turn clocks ahead 1 hour on Saturday night.</b></p>  <p><b>Stay connected! Together, we'll get through this.</b></p> 	<p><b>March 5, 12, 19 and 26:</b></p> <p><b>Chair Cardio and Strength – ZOOM</b> 10:30 a.m. For information, call Dolores at 416 656-8025, ext. 262, or <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a></p> <p style="text-align: center;"><b>Spring is in the air! March 20 is the first day of spring.</b></p>  <p style="text-align: center;"><b>Stay safe: Don't forget to wear a mask and keep 6 feet apart!</b></p>

\*Instructors will send links for ZOOM classes