

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>April 12, 19 and 26:</b></p> <p>There is no programming on <b>April 2</b> and <b>April 5</b> for Good Friday and Easter Monday.</p>  <p><b>Walk Fit 55+ is on hold.</b> For information, call Maria at (416) 656-8025, ext. 246, or Monica at (416) 656-8025, ext. 264.</p> <p><b>On-Site Tech Support for Zoom and Email</b> <b>10:30 a.m.-1:30 p.m.</b> Contact Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or (416) 656-8025, ext. 262.</p>	<p><b>April 6, 13, 20 and 27:</b></p> <p><b>Cantinho da Amizade – Portuguese Seniors on Facebook 1 p.m.-2 p.m.</b> Call Cristina at (416) 656-8025, ext. 379.</p> <p><b>Donne Insieme – Italian Seniors 1 p.m.-2:30 p.m.</b> For information, call Maria at 416 656-8025, ext. 246.</p> <p><b>Aspire Choir Sing Along with Doug – ZOOM</b> <b>3:15 p.m.-4:15 p.m.</b> For information, call Maria at (416) 656-8025, ext. 246.</p> <p><b>Take care of each other and together we'll get through this!</b></p>	<p><b>April 7, 14, 21 and 28:</b></p> <p><b>Art for All: Painting Workshop – Watercolour Techniques with Tania Iraheta</b> <b>10 a.m. – 12 noon</b> Contact Seniors Services at (416) 656-8025.</p> <p><b>On-Site Tech Support for Zoom and Email</b> <b>10:30 a.m.-1:30 p.m.</b> Contact Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or (416) 656-8025, ext. 262.</p> <p><b>Wellness – English Seniors 1 p.m.-2:30 p.m.</b> For information, call Mariela at (416) 656-8025, ext. 263.</p> <p><b>Programs:</b> <b>April 7:</b> Healthy Aging with Jedid <b>April 21:</b> Emotional Health with Sidonia</p>	<p><b>April 1, 8, 15, 22 and 29:</b></p> <p><b>Club Amistad – Spanish Seniors 1 p.m.-3 p.m.</b> For information, call Mariela at (416) 656-8025, ext. 263.</p> <p><b>Programs:</b> <b>Abril 1:</b> Bingo <b>Abril 8:</b> Presentacion con Tania Borges <b>Abril 15:</b> Envejecer Saludablemente co Jedid <b>Abril 22:</b> Dia de la Tierra con Alfredo Correa <b>Abril 29:</b> Salud Emocional con Sidonia</p> <p><b>April 22 is:</b> -Earth Day -Dia de la Tierra -Dia da Terra -Giornata della Terra</p> 	<p><b>April 9, 16, 23 and 30:</b></p> <p>There is no programming on <b>April 2</b> and <b>April 5</b> for Good Friday and Easter Monday.</p>  <p><b>Stay safe:</b> <b>Don't forget to wear a mask and keep 6 feet apart!</b></p>  <p>Happy Easter to our Orthodox friends! April 30 and May 2</p>