



MARCH 2022 Program Calendar – Seniors Services

For information on **Seniors Services**, please call: [\(416\) 656-8025](tel:4166568025)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>MARCH 7,14,21,28 <u>WALK Fit 55+</u> At JJP. St 1369 Clair Ave. West & Lansdowne 9:30am to 10:30am Contact Maria 416 656-8025, ext. 246</p> <p><u>Donne Insieme</u> Italian Speaking Seniors 1-2:30pm Contact Maria 416 656-8025, ext. 246 March 07-Welcome Back at Center March 14-Progetto Pace March 21 Discriminazione March 28-Bocce /mini golf</p> <p><u>Computer Classes</u> 3:30-5:00pm(Sanctuary) Contact Neil in English 416 656-8025 ext. 265</p>	<p>MARCH 1, 8, 15 22, 29 <u>Empezando el Día Bien</u> Grupo de Desarrollo Personal ZOOM/PHONE 10:30am -12pm Contact Dolores 416 656-8025, ext. 246</p>  <p><u>Aspire Choir</u> Maria (416) 656-8025 ext. 246 3:30 to 4:30pm. March 01-VIRTUAL rehearsal March 08-VIRTUAL rehearsal March 15- VIRTUAL rehearsal March 22- VIRTUAL rehearsal March28- VIRTUAL rehearsal <u>Cantinho da Amizade</u> Portuguese Speaking Seniors 1-2:30 p.m. (Sanctuary) Contact Cristina 416 656-8025 ext. 379 March 1: NO program March 8: Comemoração do dia internacional das Mulheres March 15: Atividade do projeto de artepela paz (Peace Project) March 22: Bingo do Cantinho March 29: Conversa com Cristina <u>Spanish Computer Classes</u> Contact Lorena-Español 416 656 8025 ext. 247</p>	<p>MARCH 2, 9 16 23 30 <u>Wellness</u> English Speaking Seniors 1 p.m. - 2:30 p.m. (Sanctuary) Contact Dolores (416) 656-8025, ext. 262. March 2: NO program March 9: International Women’s Day March 16: Peace project March 23: Bingo March 30: Healthy Eating</p> <hr/> <p><u>Computer Classes</u> 3:30-5:00pm(Sanctuary) Contact Neil in <i>English</i> 416 656-8025 ext. 265</p> <div data-bbox="915 1206 1308 1433" style="background-color: #fce4ec; padding: 10px; text-align: center;"> <p>Happy International Women's Day!</p>  </div>	<p>MARCH 3, 10, 17,24,31 <u>Club Amistad</u> Spanish Speaking Seniors 1:00-2:30Pm (Sanctuary) Contact Dolores 416 656-8025 ext. 262 MARCH 3: NO programas March 10: Commemoración del Día Internacional de la Mujer March 17: “Proyecto de Paz” March 24 BINGO March 31 Comiendo Saludable.</p> <p><u>Computer Classes</u> 10 – 5pm (basement) Contact Susana in <i>Portuguese</i> 416 656-8025 ext. 265</p> <p><u>ESL CLASSES</u> NEW <u>CONVERSATIONAL</u> 3:30- 5 pm (Sanctuary) Contact Elizabeth 416 656-8025 ext. 247</p>	<p>MARCH 4,11,18,25</p> <p style="color: purple; text-align: center;"><i>Take care of each other and we will get through this!</i></p> <p style="color: orange; text-align: center;">STAY SAFE <i>Wear a mask, keep 6 feet apart, sanitize!</i></p> <div data-bbox="1707 824 2022 1019" style="background-color: #e0f2f1; padding: 10px; text-align: center;"> <p><i>RIMANGA SICURO</i> <i>Indossare una maschera, mantieni 6 piedi di distanza, igienizza!</i></p> </div> <div data-bbox="1707 1052 2022 1214" style="background-color: #e0f2f1; padding: 10px; text-align: center;"> <p><i>FIQUE SEGURO</i> <i>Usar uma máscara, mantenha 6 pés de distância, higienize!</i></p> </div> <div data-bbox="1707 1247 2022 1442" style="background-color: #e0f2f1; padding: 10px; text-align: center;"> <p><i>MANTÉNGASE A SALVO</i> <i>Use la máscara Mantenga 6 pies de distancia Desinfecte!</i></p> </div>
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