

**MARCH 2025**  
**SENIORS SERVICES PROGRAM CALENDAR**



<b>MONDAY</b> March 3,10,17,24, 31	<b>TUESDAY</b> March 4,11,18,25	<b>WEDNESDAY</b> March 5,12,19,26	<b>THURSDAY</b> March 6,13,20,27	<b>FRIDAY</b> March 7,14,21,28
<p><b><u>INTERMEDIATE ENGLISH CONVERSATION</u></b>                      Garden Room                      12pm-2:00pm                      Contact Dolores                      416656 8025 Ext 262                      Learning English through LAUGHTER</p>	<p><b><u>CANTINHO DA AMIZADE</u></b>                      Portuguese Speaking group 1pm to 2:30pm                      Basement Contact: Teresa                      416 656-8025 ext. 264                      March 4: Feliz Dia da Mulher                      March 11: Cancelamento do progama                      March 18: Bingo                      March 25 : Enquete do Programa</p>	<p><b><u>COMPUTER CLASSES</u></b>                      10:00 am - 12:00 pm                      Perth Hall Contact Peter                      416656 8025 Ext 247                      No program on March 5</p>	<p><b><u>KNITTING &amp; SEWING</u></b>                      10:00 am - 12:00 pm                      Perth Hall                      Contact Dolores                      416656 8025 Ext 262</p>	<p>   <b>FOLLOW US ON YOUTUBE</b>                       please check our <b>FITNESS CALENDAR</b> for more activities</p>
<p><b><u>SPANISH CONVERSATION</u></b>                      2:00 pm - 4:00 pm                      Garden's room                      Contact Peter                      416656 8025 Ext 247</p>	<p><b><u>DONNE INSIEME: 1:00pm - 2:00pm</u></b>                      Italian Speaking Seniors Perth Hall                      Contact Maria 416 656-8025 ext 246                      March 4: Giornata Internazionale delle Donne                      March 11: No Programma                      March 18: Informazione Salute con Candace                      March 25: Sondaggio Programmi</p>	<p><b><u>HAPPY &amp; EMPOWERED GROUP</u></b>                      English Speaking Seniors                      1:00pm - 2:00pm                      Perth Hall                      Contact Dolores                      416656 8025 Ext 262                      March 5: Understanding Presbyopia-Dr. Dhillon                      March 12: No Program                      March 19: Survey /Bingo                      March 26: Respiratory Illnesses - Sharmishta</p>	<p><b><u>AFRO-CARIBBEAN SENIORS</u></b>                      01:00 pm - 3:00 pm - Perth Hall                      Contact AJ                      416656 8025 Ext 379                      March 06: IWD Talk (Woman who impacted their life)                      March 13: No Program                      March 20: Bingo &amp; Birthdays                      March 27: Survey /Ludo Making</p>	<p></p>
<p>Sign up to receive the seniors monthly calendar in your email                      Register by Contacting Peter                      416656- 8025 Ext 247</p>	<p><b>Aspire Choir Perth Hall Contact Maria 416 656 8025 ext 246</b>                      Tuesday 3:45pm - 4:45pm                      Aspire Choir rehearsal                      March 4, 18-25</p>	<p>No morning programs on March 05                      NO PROGRAMS on March 10 to March 14, Except Art &amp; Walk Fit                      Programs will resume on March 17, 2025</p>	<p><b><u>CLUB AMISTAD SPANISH SPEAKING SENIORS</u></b>                      1:00pm - 2:30pm - Sanctuary                      Dolores 416656 8025 Ext 262                      March 6: Dia internacional de la Mujer: Fuerza en cada Historia                      March 13: No Program                      March 20: Bingo/encuesta                      March 27: Karaoke y Cumpleanos</p>	
<p>International Women's Day 2025 is Strength "Accelerate Action"</p>	<p><b><u>NEW SENIORS ART CLASS</u></b>                      Time: 9:30 am - 12:15 pm Perth Hall                      Contact Mariela 416 656 8025 Ext 263                      This classes will run until May, 06                      Class is Full / No Drop In</p>			

**SENIORS' FITNESS CLASSES - MARCH 2025** For more information call Mariela at 416 656 8025 ext 263

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>March 3</b>                      9:30am – 10:30am – Walk Fit 55+  <b>Joseph J. Piccininni – Indoor 1369 St Clair Ave West</b>                      11:00am - 12pm Gentle Body Connection-Sanctuary                      1:00pm -3:00 pm – Ping Pong &amp; Bocce – Sanctuary</p>	<p><b>March 4</b>                      2:45pm - 3:45pm                      Strength and Balance                      Sanctuary</p>	<p><b>March 5</b>                      2:45pm - 3:45pm                      Joint Mobility                      and Stretching                      Sanctuary</p>	<p><b>March 6</b>                      10:00am -12:00pm – Ping Pong &amp;                      Bocce – Sanctuary                      2:45 - 3:30pm Latin Fit -Sanctuary                      3:35 - 4:15pm – Line Dancing –                      Sanctuary</p>	<p><b>March 7</b>                      1:30pm - 2:30pm                      Chair Zumba                      Sanctuary</p>
<p><b>March 10</b>                      9:30am – 10:30am – Walk Fit 55+  <b>Joseph J. Piccininni – Indoor 1369 St Clair Ave West</b>                      11:00am - 12pm <b>No Program</b>                      1:00pm -3:00 pm – <b>No Program</b></p>	<p><b>March 11</b>                      No programs</p>	<p><b>March 12</b>                      No programs</p>	<p><b>March 13</b>                      No programs</p>	<p><b>March 14</b>                      No programs</p>
<p><b>March 17</b>                      9:30am – 10:30am – Walk Fit 55+  <b>Joseph J. Piccininni – Indoor 1369 St Clair Ave West</b>                      11:00am - 12pm Gentle Body Connection-Sanctuary                      1:00pm -3:00 pm – Ping Pong &amp; Bocce – Sanctuary</p>	<p><b>March 18</b>                      2:45pm to 3:45pm                      Strength and Balance                      Sanctuary</p>	<p><b>March 19</b>                      2:45pm - 3:45pm                      Joint Mobility                      and Stretching                      Sanctuary</p>	<p><b>March 20</b>                      10:00 -12:00pm – Ping Pong &amp;                      Bocce – Sanctuary                      2:45-3:30pm Latin Fit -Sanctuary                      3:35 - 4:15pm – Line Dancing –                      Sanctuary</p>	<p><b>March 21</b>                      1:30pm - 2:30pm                      Chair Zumba                      Sanctuary</p>
<p><b>March 24</b>                      9:30am – 10:30am – Walk Fit 55+  <b>Joseph J. Piccininni – Indoor 1369 St Clair Ave West</b>                      11:00am - 12pm Gentle Body Connection-Sanctuary                      1:00pm -3:00 pm – Ping Pong &amp; Bocce – Sanctuary</p>	<p><b>March 25</b>                      2:45pm - 3:45pm                      Strength and Balance                      Sanctuary</p>	<p><b>March 26</b>                      2:45pm - 3:45pm                      Joint Mobility                      and Stretching                      Sanctuary</p>	<p><b>March 27</b>                      10:00 -12:00pm – Ping Pong &amp;                      Bocce – Sanctuary                      2:45-3:30pm Latin Fit -Sanctuary                      3:35 - 4:15pm – Line Dancing –                      Sanctuary</p>	<p><b>March 28</b>                      1:30pm - 2:30pm                      Chair Zumba Sanctuary</p>

**NOTE: No Programs on the days marked “ No programs”**