

## MONDAY

**March 20** 9 am  
**Mens Breakfast at Denny's**

10-11 am  
French Conversation

10 am-noon  
Barclay Yarn Artisans

**March 20** 10 am-noon  
EVENT Nowruz Mubarak!

10 am-4 pm  
**Wellness with Shirley**

**March 20** 11 am-12:30 pm  
Seniors & Adult Children

11:15-12:45 pm  
ESL Beginners

11:30-12:30 pm  
Spanish Beginners

1-2 pm  
Choose to Move

**March 13** 1-2 pm  
Apple Counting Prize Draw

1-4 pm  
**Bridge**

1:30-4:30 pm  
Mahjong

2-4 pm  
Tech Help with Simon

**Starts March 13** 3-4:30 pm  
Rainbow Men's Group

## TUESDAY

**March 28** 10-11 am  
**Hearing Loss & Treatments**

10:30-11:30 am  
Heritage Harmonies

11:15-12:45 pm  
ESL Intermediate with Iraj

11:30 am-12:30 pm  
**Walking Group**

12:30-2:30 pm  
Tech Help with Rob

12:30-4 pm  
**Painting Studio with Graham**

1-3 pm  
Poker and Tea Time

3-4 pm  
Tech Help with Nitish

3-5 pm  
Tech Help with April

**March 14** 5-6 pm  
**Making & Keeping Friends**

7-9 pm  
**Bingo for Life**

## WEDNESDAY

**Starts March 15** 10 am-2 pm  
Tax Clinic

**March 1** 10 am-noon  
**Law Clinic: Kay's Place**

10 am-noon  
Acoustic Sessions

10 am-noon  
Barclay Yarn Artisans

12-1 pm  
Tech Help with Ella

1-3 pm  
Scrabble

1-2:45 pm  
German Conversation

**March 8** 1-4 pm  
EVENT International Women's Day

2:30-4:30 pm  
Tech Help with Stanley

3-4:30 pm  
Spanish Intermediate

**March 29** 4 pm  
**Happy Hour at the Bayside**

**March 22** 4:30 pm  
**Hearing Health: Kay's Place**

**March 8** 6 pm  
**Dinner Club at Maxine's**

- Offsite: **Walking Group**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**



# Activities & Events

SIGN UP **WEDNESDAY MARCH 1**

## THURSDAY

**Starts March 16** 10 am–2 pm  
Tax Clinic

10 am–4 pm  
**Wellness with Shirley**

10–11:30 am  
TED Talks and Discussion

10–10:30 am  
**Nordic Walking Beginners**

10:30–11:30 am  
**Nordic Walking**

**March 9** 10:30 am  
**TOUR The Life of Joe Fortes**

11:30 am–12:30 pm  
**Walking Group**

2–4 pm  
Tech Help with Simon

3–4:30 pm  
Ukulele Players

3–4 pm  
**NEW Hatha Yoga with Lisa**



 Offsite: **Walking Group**

 Offsite: **Food/Drink**

 Onsite: **Guest Event**

 Offsite: **Community Event**

 Onsite: **Partner Event**

## FRIDAY

**Until March 24** 10 am–noon  
**Acting Class with Robert**

**March 17** 10–11:30 am  
**Frauds & Scams with Seniors First**

10 am–noon  
Tech Help with Stuart

**March 10** 12–1 pm  
MOVIE Women Beyond Bollywood

12–1 pm  
Tech Help with Nitish

**March 24** 12–1:30 pm  
MOVIE Persepolis

**March 17** 1–4 pm  
GAMES Luck of the Irish

**March 10, 24** 1–4 pm  
Fix it Fridays / Men's Shed

1:30–3:30 pm  
Tech Help with Terry

**March 3** 1:45 pm  
**TRIP Bill Reid Art Gallery**

3:45–4:45 pm  
Tech Help with Owen

## SATURDAY

9–10 am  
**Walking Group**



## SUNDAY

**March 12** 2 am  
Daylight Savings

**March 26** 11 am  
**Brunch at the Sylvia**



### Tech Questions?

Ask April, Ella, Nitish, Owen, Rob, Stuart, Simon, Stanley or Terry! Tech help is available most days of the week in one-hour blocks.

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