



March 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|--------------------------------------|----------|--------------------------------------|--|
| | 1 Call ME! Let's Chat" Information Session | 2 | 3 | 4 | 5 Chair exercise with Diane T | 6 |
| 7 | 8 Call ME! Let's Chat" Information Session | 9 | 10 Chair exercise with Diane T | 11 | 12 Chair exercise with Diane T | 13 African history class 11:00am - 12:00pm (zoom) |
| 14 | 15 Call ME! Let's Chat" Information Session | 16 | 17 Chair exercise with Diane T | 18 | 19 Chair exercise with Diane T | 20 African history class 11:00am - 12:00pm (zoom) |
| 21 | 22 Call ME! Let's Chat" Information Session | 23 | 24 Chair exercise with Diane T | 25 | 26 Chair exercise with Diane T | 27 African history class 11:00am - 12:00pm (zoom) |
| 28 | 29 | 30 | 31 | | | |

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| <h2>EVENTS</h2> | <p>Call Me Lets Chat! The Let's Chat program provides a safe and supportive online space for seniors to gather, share and take part in many activities!</p> | <p>March is Black Future Month</p> <ul style="list-style-type: none"> -Add to/Assess Individual Path guide -Collectively discuss 'Future of Black Ottawa' -Introduce mentees to Invest Ottawa | <p>Black Star Tutoring Online We provide flexible in-home tutoring that is based on your unique schedule. We work with you and your child to provide assisted in Math, Science, English and French</p> |
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