




March 2024 Momiji Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We've all felt it already....Spring is surely on its way! As Spring nears, there is a number of special events and programs lined up! Hope to see you here at Momiji!</p> <p>1) Momiji Hina Matsuri, Friday, March 8, 10:30-2:30 There will be Hina Doll Making and Odori workshop followed by a festive lunch and musical entertainment. Order tickets (Lunch \$20, \$5 without Lunch) by March 1 at Muna/SALC (Yuki/Naomi/Ben).</p> <p>2) Red & White Singing Competition, March 15, 11:30-3:00 Toronto's talented performers gather at Momiji to compete their singing and dancing talents in two teams, Red & White! Come and cheer for your favorite team!! Order tickets (Lunch \$20, without Lunch \$5) by March 8 at Muna/SALC.</p> <p>3) Lunch & Learn, Thursday, Mar 21: a learning session "Dementia Knowledge and Prevention" (English Only) , followed by lunch. Register by Mar 12 with Shivonne.</p> <p>4) Momo Anime Market, Mar 23 & 24: For all things anime and manga! Vendors, workshops, snacks, and fun! \$12 for Sat, \$10 for Sun, and \$20 for the whole weekend! Ask Catherine/Sheri-Lynn for more information.</p> <p>5) The schedule for the Seated and Falls Prevention Exercise classes has changed, and they are now held every day from Monday to Thursday!</p>						<p>2 Centennial College Massage Therapy (By Appointment Only) Fridays, March 8, 15, & 22 Sign up on the 2nd floor lobby</p>
<p>3</p>	<p>4 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 1:00-2:30 Bingo</p>	<p>5 <i>10:00-1:00 Momiji Café</i> 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 1:00—2:00 Move & Groove</p>	<p>6 One to One Physio (Ask Shivonne.) 9:30-10:15 Seated Exercise <i>10:00-11:30 Coffee House</i> 10:30 Music with Sina 1:30 Tashaun's Game Royal (1st Floor)</p>	<p>7 <i>10:00-1:00 Momiji Café</i> 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 3:00 Seventh-Day Adventist (2nd Floor)</p>	<p>8 <i>10:30—2:30 Momiji Hina Doll Festival</i> Order tickets by Friday, March 1. Lunch \$20 Without Lunch \$5</p>	<p>Radio Taiso/ Exercise, Coffee House, and Odori are Cancelled for March 8 & 15!</p>
<p>10</p> <p>Both Seated and Falls Prevention Exercise will be on March break. There will be NO classes from March 11 to March 22.</p>	<p>11 1:00-2:30 Bingo</p>	<p>12 <i>10:00-1:00 Momiji Café</i> 1:00—2:00 Move & Groove</p>	<p>13 One to One Physio (Ask Shivonne.) Toriichi Bento Day! <i>10:00-11:30 Coffee House</i> 1:30 Tashaun's Game Royal (2nd Floor) 1:30 Oshare Craft (1st Floor SALC) 1:30-2:30 Shiseido Beauty Talk 3:00 – 4:15 e-Learning: (ENG only) "Information on Pensions for Seniors"</p>	<p>14 Frozen Food Deadline (Ask Muna) Foot Care (Ask Shivonne) <i>10:00-1:00 Momiji Café</i> 1:00 - 2:00 Japanology 2:00 Buddhist Church (9th Floor)</p>	<p>15 <i>11:30 – 3:00 Momiji "Red & White Singing Competition"</i> Order tickets by Friday, March 8. Lunch \$20 Without Lunch \$5</p>	
<p>17 St. Patrick's Day</p> 	<p>18 10:00 Cedarbrae Mall Shopping (Ask Muna) 1:00 Cummer Ave. United Church (9th Floor Lounge) 1:00-2:30 Bingo</p>	<p>19 <i>10:00-1:00 Momiji Café</i> 1:00—2:00 Move & Groove 2:00 St. Andrew JPN Anglican Church (9th Floor Lounge)</p>	<p>20 One to One Physio (Ask Shivonne.) <i>10:00-11:30 Coffee House</i> 10:30 Music with Sina 2:00—3:30 March Lug-A-Mug with <i>A storyteller, Toshiki Mori from Japan</i> 1:30 Tashaun's Game Royal Cancelled.</p>	<p>21 <i>10:00-1:00 Momiji Café</i> 10:00-1:00 Lunch & Learn: "Dementia Knowledge and Prevention" (Eng. Only) Register by March 12 with Shivonne! 1:00-2:00 Art & Tea with Jane Liu 3:00 Seventh-Day Adventist (2nd Floor)</p>	<p>22 Group Physio (Ask Shivonne) 9:30 –10:00 Radio Taiso/ Exercise <i>10:00-11:30 Coffee House</i> 10:30-11:30 Odori 1:00 J-Town Shopping (Ask Muna) 1:00 Gospel Church (Auditorium)</p>	<p>23 Momo Anime Market at Momiji</p>
<p>24 Momo Anime Market at Momiji</p>	<p>25 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 1:00-2:30 Bingo</p>	<p>26 <i>10:00-1:00 Momiji Café</i> Last day to buy raffle & 50/50 tickets! 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 11:00 S. Town Centre Shopping (Ask Muna) 1:00—2:00 Move & Groove</p>	<p>27 One to One Physio (Ask Shivonne.) 9:30-10:15 Seated Exercise <i>10:00-11:30 Coffee House</i> 10:30-11:30 Japanese Sing Along 1:30 Oshare Craft (1st Floor SALC) 1:30 Tashaun's Game Royal (2nd Floor) 3:00 e-Learning: Aging Well (EN)</p>	<p>28 Foot Care (Ask Shivonne) <i>10:00-1:00 Momiji Café</i> 9:30-10:00 Seated Exercise 10:05-10:35 or 10:40 – 11:25 Falls Prevention Exercise 10:00 Shoppers Drug Mart (Ask Muna) 2:30 Raffle & 50-50 Draw Event!!</p> 	<p>29</p>  <p>Momiji Office Closed</p>	<p>30</p> <p>Momiji 416- 261-6683 Muna 239 Shivonne 261 Jovel 234 Isabelle 224 Chie 249 SALC Yuki 248 SALC Naomi 243</p>
<p>31 Happy Easter</p>						