



# March 2010

## Thelma Steinman Seniors Support Services Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Maximizing Memory Drawing Class 2:00 - 3:30 pm	4 Kibbitz Club 12:00 - 1:45 pm Norma Goldsmith Seniors & the Internet	5 Maximizing Memory Candle Lighting 5:36 pm	6
7	8 Monday Matinée 1:30 pm Breakfast at Tiffany's Tax Seminar 11:00 - 12:00 pm	9	10 Maximizing Memory Drawing Class 2:00 - 3:30 pm	11 Lomir Reydn Yiddish 10:00 - 11:30 am Yiddish Conversation Group	12 Maximizing Memory Candle Lighting 5:46 pm	13
14	15	16	17 Let's Do Lunch 12:00 - 1:45 pm Jim Watson His Vision for the City Drawing Class 2:00 - 3:30 pm	18	19 Candle Lighting 6:55 pm	20
21	22	23	24 <i>Wonderful Wednesdays will be returning next month. No Program due to Pesach.</i> Drawing Class 2:00 - 3:30 pm	25 Lomir Reydn Yiddish 10:00 - 11:30 am Yiddish Conversation Group	26 Candle Lighting 7:04 pm	27
28	29 Candle Lighting 7:08 pm	30 Candle Lighting 8:12 pm	31 Coming Soon! "The Jazz Singer" Sunday, June 20, 2010 Day trip to Montreal Yiddish Theatre Gentle Yoga Classes in April	<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> <span>Tax Seminar 11:00 - 12:00 pm </span> <span>Maximizing Memory  At JFS Office 613.722.2225</span> </div>		

### ACTIVITY LEGEND



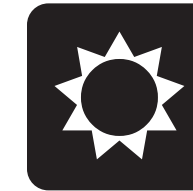
**Drawing Class**  
At JFS Office  
613.722.2225



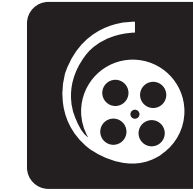
**Lomir Reydn Yiddish**  
At JFS Office  
613.722.2225



**Let's Do Lunch**  
At Agudath Israel  
613.728.3501



**Wonderful Wednesdays**  
At Machzikei Hadas  
613.521.9700



**Monday Matinée**  
At Valley Stream Manor  
JFS 613.722.2225



**Kibbitz Club**  
At Beth Shalom  
613.789.3501



**Drawing Class**  
*Learn to Draw and Shade.  
Progress at Your Own Pace*

**Location:** JFS Ottawa  
**Contact:** Shaina  
613.722.2225 ext. 325  
**Cost:** \$10 for materials  
per 8 week session.



**Lomir Reydn  
Yiddish**  
*A Yiddish Conversation  
Group*

**Location:** JFS Ottawa  
**Contact:** Shaina  
613.722.2225 ext. 325  
**The Group meets twice monthly**  
to share anecdotes, idioms, music and  
literature. Pre-registration required.



**Let's Do Lunch**  
*Kosher Catered Lunch*

**Location:** Agudath Israel  
1400 Coldrey Avenue  
**RSVP:** 613.728.3501  
**Meet Jim Watson** and hear about  
**His Vision for the City of Ottawa.**



**Wonderful  
Wednesdays**  
*Kosher Catered Lunch*

**Location:** Machzikei Hadas  
2310 Virginia Drive  
**RSVP:** 613.521.9700  
**Program returning in April**  
No program this month.



**Kibbitz Club**  
*Kosher Catered Lunch*

**Location:** Beth Shalom  
151 Chapel Street  
**RSVP:** Audrey  
613.789.3501

**Deep Web** - Introduction to Internet  
with Norma Goldsmith. Find out  
what's free and what's not!



**Monday Matinée**  
*"Breakfast at Tiffany's"*

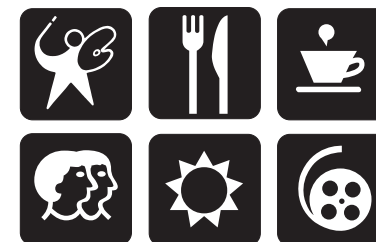
**Location:** Valley Stream Manor  
2 Valley Stream Drive  
**Contact:** Lisa  
613.722.2225 ext. 327  
**Cost:** \$3 per person



Jewish Family Services Ottawa

**Thelma Steinman Seniors Support  
Program Calendar**

**March 2010**  
**613.722.2225**



Agudath Israel  
1400 Coldrey Ave.  
613.728.3501



Beth Shalom  
151 Chapel Street  
613.789.3501



Machzikei Hadas  
2310 Virginia Drive  
613.521.9700



Valley Stream Manor  
2 Valley Stream Drive

**Registration**

All classes and groups  
require pre-registration.  
Please contact Shaina  
613.722.2225 ext. 325

**Lunches**

All lunches are Kosher  
and cost \$10 per person.  
Please contact the participating  
synagogues directly.

**Transportation**

To and from all programs  
is available for a fee.  
Please contact Lisa  
613.722.2225 ext. 327

**Jewish Family Services of Ottawa**  
**2255 Carling Avenue, Suite 300**  
**Ottawa, ON K2B 7Z5**  
**info@jfsottawa.com**  
**www.jfsottawa.com**  
**613.722.2225**