

# SENIORS' FITNESS CLASSES

## MONDAY

**8:45 – 10:00 am WALK FIT55+**

for men & women 55 years and older  
Galleria Shopping Centre; 1245 Dupont St. @ Dufferin with Maria

**11:00 am to 12:00 pm SENIORS' DANCE FIT 55+ - No Program April 3**  
(1900 Davenport Rd., Sanctuary with Monica)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL - No Program April 3**  
(In the Sanctuary with Maria)

## TUESDAY

**2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+ - No Program April 4**  
(in Sanctuary with Monica)

Led in English, Italian & Portuguese **for women and men 55+**  
Gentle aerobics, muscle conditioning, balance and stretching .

## WEDNESDAY

**2:30 – 3:30 pm CHAIR ZUMBA GOLD & SIT FIT 55+ - No Program April 5**  
with Monica in Perth Hall (for women and men 55+)  
Chair aerobics, specialized chair zumba, muscle conditioning, balance and stretching

## THURSDAY

**8:45 – 10:00 am WALK FIT55+**

for men & women aged 55 years and older  
Galleria Shopping Centre; 1245 Dupont St. @ Dufferin with Maria

**11 – 12 noon – SENIORS' CHAIR YOGA** with Monica in Sanctuary - **No Program April 6**  
(for women and men 55+)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL** with Maria in The Sanctuary - **No Program April 6**  
(for women and men 55+)

**3 - 4 pm ZUMBA GOLD / Ejercicios de Zumba - No Program April 6**  
(with Monica in Perth Hall)

## FRIDAY

No Classes



Life happens here.™



Davenport-Perth  
Neighbourhood and Community Health Centre



E info@dpnchc.ca  
T 416 656 8025  
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1900 Davenport Road  
Toronto, ON M6N 1B7  
www.dpnchc.ca

# DPNCHC SENIORS' SERVICES

APRIL 2017

For Adults 55+



Look inside for program details; Para maiores informações, veja dentro;  
Per ulteriori informazioni guardate dentro, ver dentro más información

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“Reasonable accommodation or any other special needs will be provided upon request. If you require accommodation, please advise program contact name by phone or email or in person.”

# EVENT LISTINGS

DPNCHC Seniors' Services



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## TUESDAY

### 10:30 - 12 am Seniors' Conversational ESL

Learn English through *informal conversation* with Marjan  
(Florrie's Room & Youth Basement)

### 12:00 – 2:30 pm CANTINHO DA AMIZADE 55+

(em Sala de Youth Basement para mulheres & homens, 55 anos +)

Para programa em Português chame Maria 416-656-8025 ext 379

#### Abril 04- No Program

Abril 11- Programas na Cidade para idosos com Anna Bailao

Abril 18- Prevenção da Diabete com Jedid

Abril 25- Apresentação em Medicação

### 1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

#### Aprile 04 - No Programma

Aprile 11 - Mangiare Sano com Jedid

Aprile 18 - Discussione con Maria

Aprile 25 - Discussione con Maria

## ANNOUNCEMENTS

**No Seniors' Programmes April 3 to April 7**

**Mon. Apr. 10 – Passover** (begins at sundown)



**Wed. Apr. 12th - 10 - 2:30 - Easter Egg-stravaganza**

(Ukranian Easter Egg-making & arts & crafts)



**Centre Closed April 14 to 17 - Easter Holidays**

**Earth Day – Saturday April 22**



## WEDNESDAY

### 10 am – 12 pm ART GROUP

Easter Art by Lumy and Marjan in Perth Hall

### 12 – 1 pm SENIORS' SOUP SOCIAL

(In Perth Hall)

Bring your own lunch and have a cup of soup with us!

**Soup is served only between 12 & 12:30**

### 1 – 2 pm SENIORS' WELLNESS GROUP

(In Perth Hall)

Social recreational activities & health topics

For more information call Mariela Soto 416 656-8025 ext 263

**April 5 - No Program**

**April 12 - Easter Egg-stravaganza 10 am-2:30 pm**

April 19 - Music in Action with Andrew Ages

April 26 - Bingo

### 1:30 – 4 p.m. FILM ITALIANO 55+

*Film e Discussione alla Libreria di Dufferin e St. Clair*

1625 Dufferin St.

In collaborazione con la Toronto Public Library

Facilitator: Maria Di Marco

**April 26**

## See back page for Fitness Programs

Clases de Ejercicios estan en la ultima pagina

Per i Programmi di Ginnastica guardate dietro la pagina

Ver Programa de Clases de Exercicios atras desta pagina.

## THURSDAY

### 10:30 am - 12 pm Bailando Forever

Led by Guadalupe in Perth Hall

### 1 – 4:30 pm CLUB AMISTAD

(En el primer piso – Perth Hall)

Actividades sociales, recreacionales y educativas

Para el programa de Español contacte Mariela Soto 416 656-8025 ext 263

#### Abril 06 - No Programa

Abril 13 - Presentación sobre Alzheimer con Horacio Tejera

Abril 20 - Presentación de Nutrición de la Mujer con Jedid

Abril 27 - Cumpleaños y Bingo

## UPCOMING EVENTS:

**May 23 – Victoria Day Holiday – Centre Closed**