

SENIORS' FITNESS CLASSES

MONDAY – No programmes Aug 7 or Sept 4 Holidays

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+ Cancelled Aug 14 & 21
LINE DANCING - (Sanctuary with Monica)

12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL Cancelled Aug 28
(In the Sanctuary with Maria)

TUESDAY

9:00 - 10:00 POLE WALKING 55+

Wadsworth Park on Connolly St/Laughton Ave with Monica and Maria D.M.

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+ - Cancelled Aug 8, 15 & 22
(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+ - Cancelled Aug 9 & 16

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 - Cancelled Aug 10 & 17
with Monica **in Perth Hall**
(for women and men 55+)

12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL - Cancelled Aug 31
with Maria in The Sanctuary
(for women and men 55+)

3 – 3:45 pm ZUMBA GOLD / Ejercicios de Zumba- Cancelled Aug 10 & 17
(with Monica in Perth Hall)

FRIDAY

No Classes

DPNCHC SENIORS' SERVICES

August 2017

For Adults 55+



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

Davenport-Perth



Neighbourhood and Community Health Centre

E info@dpnchc.ca

T 416 656 8025

F 416 656 1264

1900 Davenport Road

Toronto, ON M6N 1B7

www.dpnchc.ca



Life happens here.™

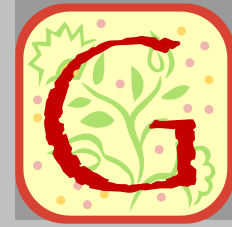


Davenport-Perth
Neighbourhood and Community Health Centre

E info@dpnchc.ca
T 416 656 8025
F 416 656 1264

1900 Davenport Road
Toronto, ON M6N 1B7
www.dpnchc.ca

"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."



2

0

1

7



TUESDAY

10:30 - 12 am Seniors' Conversational ESL – Aug 1 & 8



10 – 11am starting Aug 15th!

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

12:00 – 2:30 pm CANTINHO DA AMIZADE 55+ - Aug 1 & 8



11 am – 12 iniciando Agosto 15!

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

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

Agosto 01 – "Saude Bucal" com Toronto Public Health
Agosto 08 - Jogos
Agosto 15 - A ser anunciado
Agosto 22 - Viagem a Heart Lake
Agosto 29 - No Program

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Agosto 01 – Zentangle Arte con Lumy Fuentes
Agosto 08 - Zentangle Arte con Lumy Fuentes
Agosto 15 - To Be Announced
Agosto 22 - Viaggio a Heart Lake
Agosto 29 - No Program

ANNOUNCEMENTS



Mon. Aug. 7 – Centre Closed – Simcoe Day holiday

Tues. Aug. 22 - Trip to Heart Lake

No Seniors Programs (except some fitness) Aug. 28 - Sept. 1



Mon. Sept. 4 - Centre Closed - Labour Day

WEDNESDAY

10 am – 12 pm ART GROUP

Art Workshops by Evelyn – Mural Xpress Artist
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

August 2 - Zentangle Art with Lumy Fuentes
August 9 – Music In Action with Andrew
August 16 - Navigating in the Digital Age with Marjan
August 23 - Navigating in the Digital Age with Marjan
August 30 – No Program

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 de esta pagina.



THURSDAY

1 – 4:30 pm CLUB AMISTAD

(En el primer piso – Perth Hall)

Actividades sociales, recreacionales y educativas

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

Agosto 3 - Arte de Zentangle con Lumy Fuentes
Agosto 10 - Homenaje a Julio Hugo / Birthdays
Agosto 17 - Navegando en la Edad Digital con Marjan
Agosto 24 - Navegando en la Edad Digital con Marjan
Agosto 31 - No Hay Programa

UPCOMING EVENTS:

Trip to "Somewhere" – we don't know where yet – near the end of September.

