

SENIORS' FITNESS CLASSES

MONDAY - no classes Dec. 16, 26 or Jan. 2

8:45 – 10:00 am WALK FIT55+ (starts again Jan. 09)

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+ (starts again Jan. 16)

(1900 Davenport Rd., Sanctuary with Monica)

1 - 3 pm PING PONG 55+ & BOCCE BALL (starts again Jan. 09)

(In the Sanctuary with Maria)

TUESDAY - no classes Dec. 17, 27 or Jan. 3 & 10

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+ (starts again Jan. 17)

(In Perth Hall with Monica)

Led in English, Italian & Portuguese **for women and men 55+**

Gentle aerobics, weight lifting, stretching and more.

WEDNESDAY - no classes Dec. 18, 28 or Jan. 4 & 11

2:30 – 3:30 pm CHAIR ZUMBA GOLD & SIT FIT 55+ (starts again Jan. 18)

with Monica in Perth Hall (for women and men 55+)

Chair aerobics, specialized chair zumba, weight lifting, stretching & more

THURSDAY - no classes Dec. 19, 29 or Jan. 5 & 12

8:45 – 10:00 am WALK FIT55+ (starts again Jan. 12)

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 Perth Hall (starts again Jan. 19)

(for women and men 55+)

1 – 3 pm PING PONG 55+ & BOCCE BALL with Maria in The Sanctuary (starts again Jan. 12)

(for women and men 55+)

3 - 4 pm ZUMBA GOLD / Ejercicios de Zumba (starts again Jan. 19)

(with Monica in the Sanctuary)

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

December 2016

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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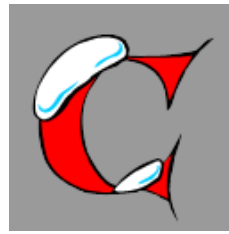
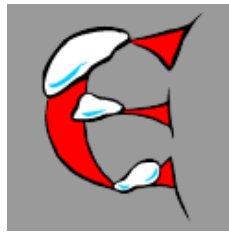
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TUESDAY

No classes Dec. 20th through until class start on Jan. 10

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

Dezembro 6 – Vínculos afetivos
Dezembro 13 – Preparação para a festa de Natal.

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Dicembre 6 – Relazione con I Nonni
Dicembre 13 – Riunione di Natale

ANNOUNCEMENTS

Thursday, Dec. 15 -  **Seniors Christmas Party 1- 3:30pm**



From all of us to all of you - Happy
Holidays & a Healthy and Fruitful New Year!

WEDNESDAY

No classes Dec. 21 through until class start on Jan. 11

10 am – 12 pm ART GROUP

Volunteer led in English by Marjan & Lumy 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

December 7 – Music in Action
December 14 – Christmas Craft with Lumy

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 Fitness Classes atras de esta pagina.

THURSDAY

No classes Dec. 22 through until class start on Jan. 12

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

Dic. 1- Tiempo de Solaridad con Lurdes Fuentes, coach de Vida
Dic. 8 – Enlaces entre nietos y abuelos con Mariela y Cumpleaños
Dic. 15 – Seniors' Christmas Party/Fiesta de Navidad

UPCOMING EVENTS:

No Seniors' Programs Dec. 16 through Jan. 8

Most programs begin again January 9.

Please check on your fitness class start dates!



FRIDAY - Noon – Community Dining \$1 for a hot meal in Perth Hall