

SENIORS' FITNESS CLASSES

MONDAY - no classes Feb. 20 (Family Day holiday)

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+

(1900 Davenport Rd., Sanctuary with Monica)

12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL

(In the Sanctuary with Maria)

TUESDAY

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+

(In Sanctuary with Monica)

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

Gentle aerobics, weight lifting, stretching and more.

WEDNESDAY

2:30 – 3:30 pm CHAIR ZUMBA GOLD & SIT FIT 55+

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

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

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

(for women and men 55+)

12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL with Maria in The Sanctuary

(for women and men 55+)

3 - 4 pm ZUMBA GOLD / Ejercicios de Zumba

(with Monica in Perth Hall)

FRIDAY

No Classes

DPNCHC SENIORS' SERVICES

FEBRUARY 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.™



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TUESDAY

10:30 - 12 am Seniors' Conversational ESL

Learn English through *informal conversation* with Marjan
(Florrie's Room & Youth Basement)
Tues. Feb. 14th – class in Perth Hall

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

Fevereiro- 7 - Prevenção de Diabetes com Jedit
Fevereiro-14 - Valentine Party
Fevereiro -21 - Prevenção de Diabetes com Jedit
Fevereiro -28 – Conversação com as Jovens

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Febbraio - 7 – Comicare con I Giovani # 1
Febbraio- 14 – **Valentine's Day Party**
Febbraio - 21 -Comicare con I Giovani # 2
Febbraio- 28 - Comicare con I Giovani #3

ANNOUNCEMENTS

Tues. Feb. 14 – Valentine's Day Party 

1 - 3:30 in the Sanctuary

Mon. February 20 – "Family Day" Holiday

Centre Closed

Tues. Feb 28 – Celebration of Black History Month
in the evening



WEDNESDAY

10 am – 12 pm ART GROUP

Drawing Class by 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

February 1 -"Communications with Youth" Part 2 – Courtney
February 8 - Music in Action with Andrew Ages
February 15 -"Communications with Youth" Part 3 – Courtney
February 22 - Birthdays and 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

Feb. 22

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

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

Feb. 2 –Un Paso para el Control de Tu Vida con Lumy Fuentes

Feb. 9 - Comunicación con Jovenes Parte # 1 # 2

Feb. 16 - Comunicación con Jovenes Parte #3

Feb. 23 - Cumpleaños y Bingo

UPCOMING EVENTS:

March 8 – International Women Day 

March 12 – Daylight Savings – clocks spring forward



March 20 – 1st Day of Spring

