

## SENIORS' FITNESS CLASSES

### MONDAY - no classes Jan. 2

**8:45 – 10:00 am WALK FIT55+ (starts 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 Jan. 16)**

(1900 Davenport Rd., Sanctuary with Monica)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL (starts Jan. 09)**

(In the Sanctuary with Maria)

### TUESDAY - no classes Jan. 3 & 10

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

(In Sanctuary with Monica)

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

Gentle aerobics, weight lifting, stretching and more.

### WEDNESDAY - no classes Jan. 4 & 11

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

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

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

### THURSDAY - no classes Jan. 5

**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 (starts Jan. 19)**

(for women and men 55+)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL with Maria in The Sanctuary (starts Jan. 12)**

(for women and men 55+)

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

(with Monica in Perth Hall)

### FRIDAY

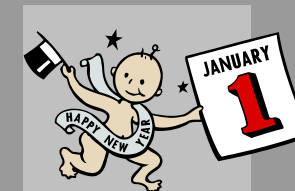
**No Classes**

## DPNCHC SENIORS' SERVICES

JANUARY 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

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1900 Davenport Road

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[www.dpnchc.ca](http://www.dpnchc.ca)

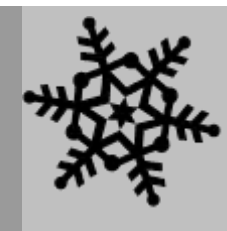
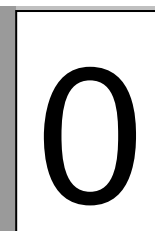
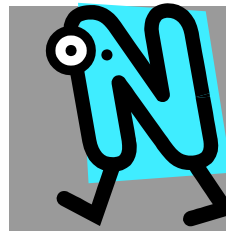
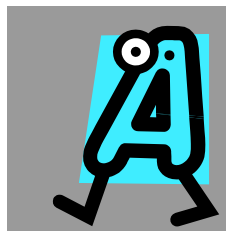


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EVENT LISTINGS

TUESDAY

Programmes start on Jan. 10, 2017

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

Janeiro 3 – No Program

Janeiro 10 - Prevenção de Diabetes com Jedid
Janeiro 17- Prevenção de Diabetes com Jedid
Janeiro 24 - Prevenção de Diabetes com Jedid
Janeiro 31- Prevenção de Diabetes com Jedid

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Gennaio 3 - No Program

Gennaio 10 - Bentornate 2017
Gennaio 17-TBA
Gennaio 24 – Discussione con Maria
Gennaio 31- “Comunicare con I Giovani”

ANNOUNCEMENTS

Happy New Year from all of us in Seniors' Services!

Welcome back!

See you back in programmes on January 09, 2017!

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

January 4 - No Program

January 11 - Music in Action
January 18 – “Communications with Youth” – Courtney, Mgr, Youth Services
January 25 - “Communications with Youth” Part 2 – Courtney

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

Jan. 25

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

Enero 5 - No Hay Program

Enero 12 - Un Paso para el Control de Tu Vida con Lumy

Enero 19 - Un Paso para el Control de Tu Vida con Lumy

Enero 26 - Un Paso para el Control de Tu Vida con Lumy

UPCOMING EVENTS:

February is Black History Month

Tues. February 14 – Valentine's Day Party



1 - 3:30 in the Sanctuary

Mon. February 20 – “Family Day” Holiday

Centre Closed

