

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 July 10 & 17

(1900 Davenport Rd., Sanctuary with Monica)

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

(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.

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+ No Program July 11 & 18

(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 July 12 & 19

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 July 13 & 20

(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 – 3:45 pm ZUMBA GOLD / Ejercicios de Zumba - No Program July 13 & 20

(with Monica in SANCTUARY)

FRIDAY

No Classes

DPNCHC SENIORS' SERVICES

July 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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"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

Julho 04 - Zentangle Arte com Lumy Fuentes
Julho 11 - Zentangle Arte com Lumy Fuentes
Julho 18 - Zentangle Arte com Lumy Fuentes
Julho 25 - Viagem High Park

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Luglio 04 – DWA Presentation
Luglio 11 – “Igiene Orale” Public Health Dental Department - Midiala
Luglio 18 – Viaggio High Park
Luglio 25 - Tombola

ANNOUNCEMENTS

Monday, July 3 - Centre Closed – Canada Day Weekend



Thurs., July 13 - Trip to Hamilton Conservation Area -
Confederation Beach Park 9:15 am to 5:30 pm \$ 22.00



WEDNESDAY

10 am – 12 pm ART GROUP

Art Class by Lumy and Marjan in Perth Hall
& more Art Workshops by Tania Iracheta

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

July 05 - Trip to High Park
July 12 - Presentation on Oral Health with Anju Rajan from Public Health
July 19 - Zentangle Art with Lumy Fuentes
July 26 - Zentangle Art with Lumy Fuentes; followed by DWA Presentation at 2:00

3:30 – 5 pm Garden Skills Club

(in Garden Room with Lumy Fuentes)

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

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

Julio 06 – “Salud Dental” con la Dentista Midiala Hernandez
Julio 13 - Paseo a Hamilton 9:15 am - 5:30 pm \$ 22.00
Julio 20 - Zentangle Arte con Lumy Fuentes
Julio 27 - Zentangle Arte con Lumy Fuentes y Cumpleaños

UPCOMING EVENTS:

Mon. August 7 – Centre Closed – Simcoe Day holiday



Wed. August 9 - Trip to Heart Lake Conservation Area in



Brampton

Tues. August 22 - 4:30 -7:30 - Seniors Fundraiser – “A Night in Hollywood”

