

# 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+ - cancelled June 12**

(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+**

(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+**

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 **cancelled June 22**

(for women and men 55+)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL** with Maria in The Sanctuary **cancelled June 22**

(for women and men 55+)

**3 – 3:45 pm ZUMBA GOLD / Ejercicios de Zumba** **cancelled June 22**

(with Monica in Perth Hall)

## FRIDAY



Life happens here.™



**Davenport-Perth**  
Neighbourhood and Community Health Centre

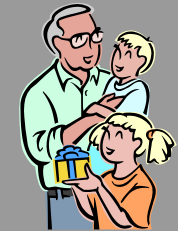


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# DPNCHC SENIORS' SERVICES

June 2017 Events

For Adults 55+



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

**Davenport-Perth**



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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.”



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# EVENT LISTINGS

DPNCHC Seniors' Services

## 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

Junho 06 - Canada 150 Arte e Artesanato

**Junho 13 - Seniors Picnic 1- 4 pm**

Junho 20 – Programas da Cidade para Idosos com Councillor Ana Bailão

Junho 27 - Canções Canadenses Prática

### 1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Giugno 06- Discussione con Maria

**Giugno 13 -Seniors Picnic 1- 4 pm**

Giugno 20 - Prove Canzoni Canada Day

Giugno 27 - Consigli del Farmacista, Sunny

## ANNOUNCEMENTS

**Tuesday June 13 – Seniors Picnic 1- 4 pm**

**Thursday June 15 Seniors' Guitar Concert 4:30-8:30**

**Thursday June 22 Annual General Meeting**

**Tuesday June 27 - Seniors Spring Dance Fundraiser**

4:30 - 7:30 pm Entrance Cost: \$ 5.

**Thursday June 29- Canada Day Celebration**



**Monday July 3 – Centre Closed for Holiday**

## WEDNESDAY

### 10 am – 12 pm ART GROUP

June 7 & 21 Art Class by Lumy and Marjan in Perth Hall

June 14 & 28 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

June 07– Presentation on Mental Health with Sidonia

June 14 –Presentation on Medication Safety with Pharmacist, Sunny

June 21 – Birthdays and Bingo

June 28 – Music in Action

### 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

**June 28**

### 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 Classes 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

Junio 1 - Presentación de Salud Mental con Consejera Sidonia

Junio 8 - Cumpleaños y Bingo

Junio 15 - Concierto de Guitarra 4:30-8:30

**Junio 22 - Reunion Annual del Centro 5:00 pm**

**Junio 29- Celebración del Día de Canada 12 -4:00 pm**

## UPCOMING EVENTS:

**July 03 - Centre Closed for Holiday**