

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+

(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, muscle conditioning, balance and stretching .

WEDNESDAY

2:30 – 3:30 pm CHAIR ZUMBA GOLD & SIT FIT 55+ - CANCELLED MARCH 8

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

(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

MARCH 2017

For Adults 55+

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



International
Women's Day



Spring
Has
Sprung!



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

"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."



Life happens here.™



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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

- Marcha 07- Conversando com e sobre adolescentes #1
- Marcha 14 - Conversando com e sobre adolescentes # 2
- Marcha 21- Conversando com e sobre adolescentes #3
- Marcha 28- Segurança de Pedestres P.C. Jan Barr

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

- Marzo 07- Comicare con I Giovani # 3
- Marzo 14 - Pedestrian Safety with P.C. Jan Barr
- Marzo 21 - Discussione con Maria
- Marzo 28 – Discussione con Maria

ANNOUNCEMENTS



March 8 International Women Day Celebration 10 am-4 pm

March 12 – Daylight Savings – turn your clock forward



March 20 – Spring begins



WEDNESDAY

10 am – 12 pm ART GROUP

Self Portrait by Lumy and 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

March 1 - Music in Action with Andrew Ages

March 8 – International Women Day Celebration 10:00 am-4:00 pm

March 15 - Pedestrian Safety with P.C. Jan Barr

March 22 - Birthdays and Bingo

March 29 – Prescription Safety with Andrea

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

March 29

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 desta 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 programa de Español contacte Mariela Soto 416 656-8025 ext 263

Marzo 02 –Presentación conTania Iraheta -Pintura Flujo

Marzo 09 - Seguridad del Peaton con la Oficial Jan Barr

Marzo 16 – Presentación de Nutrición de la Mujer con Jedit

Marzo 23 -Presentación de Programas del Municipio Anna Bailao

Marzo 30- Cumpleaños y Bingo

UPCOMING EVENTS:

No Seniors Program April 3 to April 7



Passover – April 10

Wednesday April 12 - 10:00 – 2:30 - Easter Art/Craft

Centre Closed April 14 to 17 - Easter Holidays



Earth Day – April 22

