

# SENIORS' FITNESS CLASSES

## MONDAY

**8:45 – 10:00 am WALK FIT55+ No Program May 22**

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 May 22**

(1900 Davenport Rd., Sanctuary with Monica)

**12:30 – 2:30 pm PING PONG 55+ & BOCCE BALL - No Program May 22**

(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+ No Program May 03**

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 May 04 & 18**

(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 - No Program May 04**

(with Monica in Perth Hall)

## FRIDAY



Life happens here.™



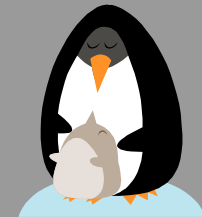
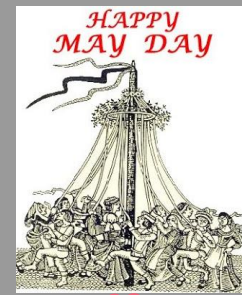
**Davenport-Perth**  
Neighbourhood and Community Health Centre

E info@dpnchc.ca  
T 416 656 8025  
F 416 656 1264  
1900 Davenport Road  
Toronto, ON M6N 1B7  
www.dpnchc.ca

# DPNCHC SENIORS' SERVICES

May 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**

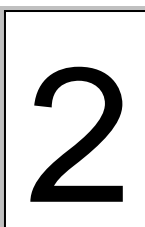
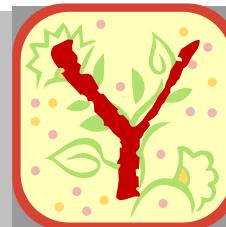
Neighbourhood and Community Health Centre



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



“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

## 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

May 02 - Dia Livre  
May 09- Celebração do Dia das Maes  
May 16- Saude Mental com Sidonia  
May 23 - Citita de la enfermaera  
May 30 - Alimentos anti- inflamatorios 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

May 02 - Salute Mentale con Sidonia  
May 09- Celebrazione Mamma  
May 16- Discussione com Maria  
May 23 - Dieta contro le Infiammazioni com Jedid  
May 30 - Incontro con Anna Bailaio(Consigliere Municipale)

## ANNOUNCEMENTS

Wed. May 17 – Recycling Fair 10 – 5

Monday May 22 - Centre Closed - Victoria Day



Thursday May 25 - Seniors Spring Dance Fundraiser  
4:30 - 7:30 pm Entrance Cost: \$ 5.00

## WEDNESDAY

### 10 am – 12 pm ART GROUP

May 3,17 &31 The Canadian Landscape painting workshop  
by Tania Iracheta in Perth Hall  
May 10 - Recycling 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

May 03 - Recycling Art with Lumy  
May 10 - Presentation on Anti-Inflammatory Diet with Jedid  
May 17 - City Programs for Seniors with Councillor Ana Bailão  
May 24 - Music in Action with Andrew Ages  
May 26 – Bingo and Birthdays

### 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  
May 31

### 3:30 – 5 pm RECYCLING ART WORKSHOPS

May 3 & 10  
(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 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 programas de Español contacte Mariela Soto 416 656-8025 ext 263

Mayo 03 – Presentacion de Dieta Anti-inflamatoria con Jedid  
Mayo 11 – Celebracion del Dia de la Madre  
Mayo 18 - Presentación sobre Seguridad Peatonal con la official Jan Barr  
Mayo 27 - Cumpleaños y Bingo

## UPCOMING EVENTS:



Tuesday June 13 – Seniors Picnic 1- 4 pm

Thursday June 15 Seniors' Month Event 5:00-8:30 pm



Thursday June 22 Annual General Meeting

Tuesday June 27 Seniors Spring Dance Fundraiser  
4:30 - 7:30 pm Entrance Cost: \$ 5.00



Thursday June 29- Canada Day Celebration