

SENIORS' FITNESS CLASSES

MONDAY – no classes Oct.31

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)



1 – 3 pm PING PONG 55+ & BOCCE BALL
(In the Sanctuary with Maria)



TUESDAY – no classes Nov. 1

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+
(In Perth Hall with Monica)
Led in English, Italian & Portuguese **for women and men 55+**
Gentle aerobics, weight lifting, stretching and more.

WEDNESDAY – no classes Nov. 2

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, weight lifting, stretching & more

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 The Sanctuary
(for women and men 55+) - **no class Nov 3 and 24**



1 – 3 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 the Sanctuary) - **no class Nov. 3**

FRIDAY – no classes



Life happens here.™



Davenport-Perth
Neighbourhood and Community Health Centre

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

DPNCHC SENIORS' SERVICES

November 2016

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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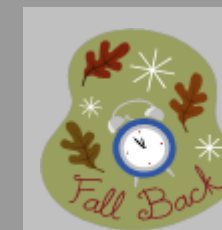
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EVENT LISTINGS

MONDAY

OCTOBER 31 - 10:00-12 Cooking Classes by BILSC in Perth Hall

TUESDAY

10:30 - 12 am Seniors' Conversational ESL

Learn English through *informal conversation* with Marjan
(Florrie's Room & Youth Basement)

No programma Nov. 1

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

Novembro 1 – No programma

- Novembre 8 – Apresentacao sobre Shingles com Jessica
- Novembre 15 – Fases do desenvolvimento da crianca com Maria
- Novembre 22 – Serão Anunciada
- Novembre 29 – Farewell to Jessica & Serão Anunciada

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Nov. 1– No programma

- Nov. 8 – Memoria del Viaggio in Canada
- Nov.15 - Fase di Comportamento con Maria
- Nov. 22 - Presentazione Fuoco di Sant Antonio (Shingles) com Jessica
- Nov. 29 - Discussione con Maria

ANNOUNCEMENTS

Mon. Oct. 31 - Nov. 4 – No Seniors' Programmes (except Walk Fit55+ and Club Amistad 1:30 - 3)



Sun. November 6 – Turn Clocks Back!

WEDNESDAY

10 am – 12 pm ART GROUP

In Perth Hall with by Marjan and Lumy

No Programme Nov. 2

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

No Programme Nov. 2

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

November 2 – No Program

- November 9 – Income and Savings Protection with Alvaro Barragan
- November 16 – Art and Craft with Lumy
- November 23 - Shingles with Jessica
- November 30 - The Grandparent Bond with Tamara

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

Nov. 30

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

Nov. 3 – Programa solamente a 1:30 – 3 – Especial con Mariela

Nov. 10 - Protección de Ingresos y Ahorros con Alvaro Barragan

Nov. 17 - Señal de Comportamiento de los niños con Mariela

Nov. 24 – Día Internacional de la Eliminación de la Violencia contra la Mujer con Lumy

UPCOMING EVENTS:

Thursday December 15 Seniors Christmas Party 1:00 - 4:30 pm



www.shutterstock.com - 41550958

Seniors' Programmes Closed Dec. 16 – Jan. 8

Programmes begin again January 9, 2017



FRIDAY - Noon – Community Dining \$1 for a hot meal in Perth Hall