

SENIORS' FITNESS CLASSES – NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11-12- Chair Yoga Sanctuary 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold Sanctuary
6	7	8	9
8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	2:30 – 3:30 – Zumba Gold & Get Fit55+ Sanctuary	2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	8:45-10am-WalkFit 55+ @Galleria Shopping Centre 11-12- Chair Yoga Sanctuary 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold Sanctuary
13	14	15	16
8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	2:30 – 3:30 – Zumba Gold & Get Fit 55+ Sanctuary	2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	8:45-10am-WalkFit @Galleria Shopping Centre 11-12- Chair Yoga Sanctuary 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold Sanctuary
20	21	22	23
8:45- 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – PingPong55+ & Bocce - Sanctuary	2:30 – 3:30 – Zumba Gold & Get Fit 55+ - Sanctuary	2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	8:45-10am-WalkFit @Galleria Shopping Centre 11-12- Chair Yoga Sanctuary 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold Sanctuary
27	28	29	30
8:45 – 10am – WalkFit55+ @ Galleria Mall NO FITNESS CLASSES	NO FITNESS CLASSES	NO FITNESS CLASSES	8:45 - 10am-WalkFit @ Galleria Mall NO FITNESS CLASSES

- *Classes are for women and men 55+ years
- Galleria Shopping Centre: 1245 Dupont St. @ Dufferin with Maria D.

DPNCHC SENIORS' SERVICES

November 2017

For Adults 55+



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

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.

Davenport-Perth



Neighbourhood and Community Health Centre

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T 416 656 8025
F 416 656 1264

1900 Davenport Road
Toronto, ON M6N 1B7
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EVENT LISTINGS

TUESDAY

10:00 - 11 am Seniors' Conversational ESL

Learn English through *informal conversation*
(Florrie's Room & Youth Basement)
No ESL Tues. Nov. 7, 21, or 28

11:00 – 2:30 pm CANTINHO DA AMIZADE 55+

(na Sala de Youth Basement para mulheres & homens, 55 anos +)
Para programa em Português chame Maria 416-656-8025 ext 379

Nov. 7 - **10:30am** - **Visita a Biblioteca Bloor/Gladstone** com Marjan & Donn Insieme & **1:00pm** - Explicação de como usar "Lumosity" com o estudante José
Nov. 14 - Projeto de Arte Comunitária com Marjan & depois com Lumy
Nov. 21 - **10 am** - **Visita ao Pearson Aeroporto usando UP Express** com Marjan & **1:00pm** - "Lumosity" com José
Nov. 28 - **Nao haverá programa**

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Nov. 7 – Progetto di Arte Comunità con Marjan
Nov. 14 – Progetto di Arte Comunità con Marjan/"Lumosity" con José
Nov. 21 – **Visita a Walmart** – Sviluppo di Foto con Marjan
Nov. 28 – **2:30 Viaggio a Pearson Airport di UP Express** con Marjan
(Meet her upstairs at the Dundas West subway station)

ANNOUNCEMENTS

Nov. 2 – Opening of Seniors' Zentangle Art Exhibit, 7 - 9 at MPP Cristina Martins' Community Office, 1199 Bloor St. W..

Nov. 5 – Turn your clocks back



Nov. 11 – Remembrance Day



Nov. 24 – International Day for the Elimination of Violence Against Women Event 10:00 am - 4:00pm

No Seniors Program November 27 to December 1
(except for Walk Fit55+ & Film Italiano55+)

WEDNESDAY

10 am – 12 pm ART GROUP

Volunteer-led by Lumy in Perth Hall
November 29 – No Program

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
November 29 – No Program

1 – 2 pm SENIORS' WELLNESS GROUP

(Perth Hall)
Social recreational activities & health topics
For more information call Mariela Soto 416 656-8025 ext 263

Nov. 1 - Trip on the UP Express to Pearson International Airport & back
Nov. 8 - Community Art Project with Marjan
Nov. 15 – "Introduction to Lumosity" with student José
Nov. 22 - Community Art Project with Marjan
Nov. 29 – No Program



3:30 – 4:45 – "Lumosity" – with student José
(Garden Room)
Nov. 15 & 22

1:30 – 4 p.m. FILM ITALIANO 55+
November 29

Film e Discussione alla Libreria di Dufferin e St. Clair
1625 Dufferin St.
In collaborazione con la Toronto Public Library
Facilitator: Maria Di Marco

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

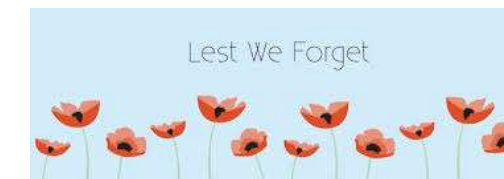
1 – 4:30 pm CLUB AMISTAD
(En el primer piso – Perth Hall)

Actividades sociales, recreacionales y educativas
Para el programas de Español contacte Mariela Soto 416 656-8025 ext 263

Nov. 2 - Ida a Walmart - imprimir fotos con Marjan & Mariela
Nov. 9 - Ida a la Biblioteca de Bloor/Gladstone con Marjan & Mariela
Nov. 16 - Proyecto de Arte Comunitario con Marjan y Cumpleaños
Nov. 23 – 1:00 - Reunirse de arriba en la estacion de Dundas West Subway con Marjan- **Paseo en UP Express al Aeropuerto Intl. Pearson.**
Noviembre 30 - No Hay Program

4:00 – 5:00 pm BAILANDO FOREVER
(En Perth Hall)

Práctica de danza folclórica española para hombres y mujeres 55+
Dirigido por voluntaria, Guadalupe Velasco
Para mas informacion contacte Mariela Soto 416 656-8025 ext 263
Noviembre 30 - No Hay Program



UPCOMING EVENTS:

Thurs. Dec. 14 - Seniors Christmas Party 1:00 - 4:30 pm

Seniors' Programmes Closed Dec. 15 – Jan. 7

