

SENIORS' FITNESS CLASSES

MONDAY - no classes October 10 Holiday

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+ - no class Oct. 31

(1900 Davenport Rd., Sanctuary with Monica)

12:30 - 2:30 pm PING PONG 55+ & BOCCE BALL - no class Oct. 31

(In the Sanctuary with Maria)

TUESDAY

9:00 - 10:00 POLE WALKING 55+

Wadsworth Park on Connolly St/ Laughton Ave with Monica and Maria G.

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

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 Perth Hall

(for women and men 55+) - **no class Oct. 6 & 20**



3 - 4 pm ZUMBA GOLD / Ejercicios de Zumba

(with Monica in the Sanctuary) - **no class Oct. 6, 20 & 27**

FRIDAY

9:00 - 10:00 POLE WALKING 55+

Wadsworth Park on Connolly St/ Laughton Ave with Monica and Maria D.



2:15 - 4:15 PING PONG 55+ & BOCCE BALL

(In Sanctuary with Maria)

(for women and men 55+)

DPNCHC SENIORS' SERVICES

October 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

E info@dpnchc.ca

T 416 656 8025

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1900 Davenport Road

Toronto, ON M6N 1B7

www.dpnchc.ca



Life happens here.™



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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)

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

Outubro 4 – Maçã viagem picking/Conversação com Maria

- Outubro 11 – Jogos
- Outubro 18 - Prova de criança com Maria
- Outubro 25 –Artezanato Halloween

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Ottobre 4 - Raccolta Mela viaggio

- Ottobre 11 – Sicurezza dei Bambini con Maria
- Ottobre 18 – Prevenzioni incendio con Ana Fire Department
- Ottobre 25 – Memoria del Viaggio in Canada con Maria

ANNOUNCEMENTS



Mon. Oct. 10 - Centre Closed for Thanksgiving

Thursday, October 20 – Health Fair – 11 am – 4 pm

Thurs. Oct. 27 – Halloween Party – 1 – 4:30 pm



WEDNESDAY

10 am – 12 pm ART GROUP

Volunteer led in English by Lumy Fuentes 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

- October 5 – Memories of Youth with Marjan
- October 12 – Halloween Craft with Lumy
- October 19 – Music in Action
- October 26 – Children's Behaviour Milestones with Tamara

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

Octubre 6 – No Hay Programa

Octubre 13 –Presentación Seguridad en los Niños com Mariela

Octubre 20 –Feria de Salud - Health Fair

Octubre 27 –Fiesta de Halloween- Hallowe'en Party

UPCOMING EVENTS:

**No Programs October 31 to November 4
(except Walk Fit55+)**



Sun. Nov. 6 – Turn Clocks Back!



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