

SENIORS' FITNESS CLASSES – OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Mall</p> <p>11 – 12pm- DanceFit55+ In Sanctuary w/Monica</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce with Maria</p>	<p>3</p> <p>9- 10:30am – Pole Walking @ Wadsworth Park</p> <p>2:30 – 3:30 – Zumba Gold & Get Fit55+ – in Sanctuary w/ Monica</p>	<p>4</p> <p>2:30 – 3:30pm Chair Zumba& SitFit55+ in Perth Hall with Monica</p>	<p>5</p> <p>8:45-10am- WalkFit 55+ @Galleria Mall</p> <p>& NO FITNESS CLASSES</p>
<p>9</p> <p>NO CLASSES THANKSGIVING</p>	<p>10</p> <p>9- 10:30am- PoleWalking @ Wadsworth Park</p> <p>– Zumba Gold & Get Fit55+ CANCELLED</p>	<p>11</p> <p>NO FITNESS CLASSES</p>	<p>12</p> <p>8:45-10am-WalkFit 55+ @Galleria Mall</p> <p>- NO Chair Yoga</p> <p>12:30-2:30 - PingPong55+ & Bocce in Sanctuary</p> <p>- NO Zumba Gold</p>
<p>16</p> <p>8:45- 10am – WalkFit55+ @ Galleria Mall</p> <p>11 – 12pm- DanceFit55+ In Sanctuary w/Monica</p> <p>12:30 – 2:30 – PingPong55+ & Bocce with Maria</p>	<p>17</p> <p>9- 10:30am – Pole Walking @ Wadsworth Park</p> <p>2:30 – 3:30 – Zumba Gold & Get Fit 55+ - in Sanctuary w/ Monica</p>	<p>18</p> <p>2:30 – 3:30pm Chair Zumba& SitFit55+ in Perth Hall with Monica</p>	<p>19</p> <p>8:45-10am-WalkFit @Galleria Mall</p> <p>11-12- Chair Yoga In Sanctuary w/Monica</p> <p>12:30 – 2:30- Ping Pong & Bocce in Sanctuary</p> <p>3-3:45pm – Zumba Gold In Sanctuary w/Monica</p>
<p>23</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Mall</p> <p>11 – 12pm- DanceFit In Sanctuary w/Monica</p> <p>12:30 – 2:30 – Ping Pong & Bocce with Maria</p>	<p>24</p> <p>9– 10:30am – Pole Walk @ Wadsworth Park</p> <p><u>last day of pole walking</u></p> <p>2:30 – 3:30 – Zumba Gold & Get Fit55+ – in Sanctuary w/ Monica</p>	<p>25</p> <p>2:30 – 3:30pm Chair Zumba& SitFit55+ in Perth Hall with Monica</p>	<p>26</p> <p>8:45-10am-WalkFit @Galleria Mall</p> <p>11-12- Chair Yoga In Sanctuary w/Monica</p> <p>12:30 – 2:30- Ping Pong & Bocce in Sanctuary</p> <p>3-3:45pm – Zumba Gold In Sanctuary w/Monica</p>
<p>30</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Mall</p> <p>11 – 12pm- DanceFit55+ In Sanctuary w/Monica</p> <p>12:30 – 2:30 – Ping Pong & Bocce with Maria</p>	<p>31</p> <p>HALLOWEEN PARTY 1 – 4pm</p> <p>NO CLASSES</p>		

DPNCHC SENIORS' SERVICES

October 2017

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
F 416 656 1264

1900 Davenport Road
Toronto, ON M6N 1B7
www.dpnchc.ca

- *Classes are for women and men 55+ years
- Galleria Shopping Centre: 1245 Dupont St. @ Dufferin with Maria D.
- Wadsworth Park: Connolly St /Laughton St. with Monica & Maria D.



Life happens here.

Davenport-Perth
Neighbourhood and Community Health Centre

E info@dpcnchc.ca
416 656 8025
416 656 1254



“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

2

0

1

7



TUESDAY

10:00 - 11 am Seniors' Conversational ESL

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

11:00 – 12:00 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 03 - Arte e Artigianato
Outubro 10 - Presto & UP Expresso – Orador convidado
Outubro 17 -Informações de voo usando o Google
Outubro 24 - Cartão de memoria O que eles fazem Como Transferir Fotos
Outubro 31 – Halloween Party (1 – 3:30)

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)


Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Ottobre 03 - Bocce or discussion con Maria
Ottobre 10- Carta di Transporto “ Persto”
Ottobre 17- Informazioni per Viaggiare su “Google” com Marjan
Ottobre 24 –Come Scaricare foto su USB stiks com Marjan
Ottobre 31- Halloween Party

ANNOUNCEMENTS

Mon. Oct. 9 - Centre Closed – Thanksgiving Holiday 

Thurs. Oct. 12 - Hispanic Heritage Month Celebration

10:00 am - 4:00 pm 

WEDNESDAY

10 am – 12 pm ART GROUP

Volunteer-led by Lumy 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 4- Connecting Digital Camera to a Computer with Marjan
October 11 - FIELD TRIP – Photo Scanning at Library with Marjan
October 18 - Facebook & other Social Media with Marjan
October 25 – FIELD TRIP - Photo Printing at Walmart with Marjan

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



See back page for Fitness Programs

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

Octubre 5 - No Hay Programa

Octubre 12 - Celebración del Mes de la Hispanidad 10 am- 4:00 pm

Octubre 19 - Uso de USB Sticks y Bajar Fotos

Octubre 26 - Conectando Camaras Digitales en la Computadora
y Cumpleaños

4:00 – 5:00 pm BAILANDO FOREVER

(En Perth Hall)

Práctica de la danza folclórica española para hombres y mujeres 55+

Dirigido por voluntarios Guadalupe Velasco

Para mas informacion contacte Mariela Soto 416 656-8025 ext 263

UPCOMING EVENTS:

Nov. 5 – Turn your clocks back 

Nov. 11 – Remembrance Day 

No Seniors Program November 27 to December 1

