

SENIORS' FITNESS CLASSES

MONDAY - no classes September 5 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+
(1900 Davenport Rd., Sanctuary with Monica)

12:30 - 2:30 pm PING PONG 55+ & BOCCE BALL
(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 The Sanctuary
(for women and men 55+)



3 - 4 pm ZUMBA GOLD / Ejercicios de Zumba – no class Sept. 1st or 29th
(with Monica in the Sanctuary)

FRIDAY

9:00 - 10:00 POLE WALKING 55+
Wadsworth Park on Connolly St/ Laughton Ave with Monica and Maria D.

12:30 - 2:30 PING PONG 55+ & BOCCE BALL
(In Sanctuary with Maria)

DPNCHC SENIORS' SERVICES

September 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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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

SEPTEMBER 26 - 10:00-12 Cooking Classes by BILSC in Perth Hall

TUESDAY

10:30 - 12 am Seniors' Conversational ESL

Learn English through *informal conversation* with Sofia Branton
(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

Setembro 6 - A Ser Anunciado
Setembro 13 – Paseo a High Park
Setembro 20 -Toronto Fire Services Presentation with Ana Melnyk
Setembro 27 – Lembrando sua Juventude com Maria

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Settembre 6 - Salute Mentale con Karen Harris - Public Health
Settembre 13 - Gita a High Park
Settembre 20 – Ricordiamo la Nostra Gioventù con Maria
Settembre 27 - Presentazione con Toronto Fire Services - Ana Melnyk

ANNOUNCEMENTS

Thursday, September 1 - Trip to CNE  9:30 a.m.

Monday, September 5 - Centre Closed for Labor Day

Sunday, Sept. 11 – Grandparent's Day

Wed. Sept. 21 – International Day of Peace

Thursday, September 22 – 1st day of Autumn 

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

September 7 - Art and Craft with Lumy
September 14 - Toronto Fire Services Presentation with Ana Melnyk
September 21- Birthdays and Bingo
September 28 - Music in Action with Andrew, Liz and Eric

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.

Computer Classes have ended.

For the future, we have a Waiting List.

Please call 416-656-8025 ext. 263

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

Sept. 1 - Paseo al Exhibition-CNE - 9:30 am
Sept. 8 - Presentación con Toronto Fire Services – Ana Melnyk
Sept. 15 - Presentación con la Terapista - Veronica Torres
Sept. 22 – Recordando nuestra Juventud
Sept. 29 – Paseo al Hamilton Conservation Area

1:30 – 4 pm FILM ITALIANO

Film e Discussione alla Libreria di Dufferin e St. Clair

1625 Dufferin St.

In collaborazione con la Toronto Public Library

Facilitator: Maria Di Marco

September 29

UPCOMING EVENTS:

Tues. Oct. 4 - Apple Picking - 9am-5pm 

Mon. Oct. 10 - Centre Closed – Thanksgiving Holiday 

Oct. 10 - 14 - No Seniors Programmes (except WalkFit55+)

Tues. Oct. 20 - Health Forum - 11:00am - 4:00 pm

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

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