

SENIORS' FITNESS CLASSES

MONDAY – No programmes Sept 4 Holidays

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+
LINE DANCING - (Sanctuary with Monica)

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

TUESDAY – No programmes Sept 19

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

2:30 – 3:30 pm ZUMBA GOLD & GET FIT 55+ -
(in SANCTUARY with Monica)
Led in English, Italian & Portuguese for women and men 55+
Gentle aerobics, muscle conditioning, balance and stretching

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, muscle conditioning, balance and stretching

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+)

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

3 – 3:45 pm ZUMBA GOLD / Ejercicios de Zumba
(with Monica in Perth Hall)

FRIDAY

No Classes

DPNCHC SENIORS' SERVICES

September 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



Life happens here.™



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Special needs will be provided upon request. If you require
tact name by phone or email or in person."



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

Setembro 05 - Navegando na era Digital com Marjan Novo Tempo
Setembro 12 - Navegando na era Digital com Marjan Novo Tempo
Setembro 19 - Paseo a Niagara Falls & Niagara-on-the-Lake
Setembro 26 - Navegando na era Digital com Marjan Novo Tempo

1 - 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Settembre 05 - Navigare Era Digitale con Marjan
Settembre 12 - Navigare Era Digitale con Marjan
Settembre 19 - Viaggio a Niagara Falls & Niagara-on-the-Lake
Settembre 26 - Navigare Era Digitale con Marjan

ANNOUNCEMENTS

Mon. Sept. 4 - Centre Closed - Labour Day



Sun. Sept. 10 - Grandparent's Day



Tues. Sept. 19 - Trip to Niagara Falls & Niagara-on-the-Lake



9 am - 6 pm

Thurs. Sept. 21 - International Day of Peace



Fri. Sept. 22 - Autumn begins



WEDNESDAY

10 am - 12 pm ART GROUP

Volunteer-led 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 06 - Navigating in the Digital Age with Marjan
September 13 - Navigating in the Digital Age with Marjan
September 20 - Navigating in the Digital Age with Marjan
September 27 - Navigating in the Digital Age with Marjan

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 27



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 de esta pagina.

THURSDAY

10 am - 12 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

1 - 4:30 pm CLUB AMISTAD

(En Perth Hall)

Actividades sociales, recreacionales y educativas

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

Septiembre 7 - Navegando en la Edad Digital con Marjan
Septiembre 14 - Navegando en la Edad Digital con Marjan
Septiembre 21 - Navegando en la Edad Digital con Marjan
Septiembre 28 - Navegando en la Edad Digital con Marjan y Cumpleaños

UPCOMING EVENTS:

Mon. Oct. 10 - Centre Closed - Thanksgiving Holiday



Tues. Oct. 31 - Halloween Party - 1 - 4:30pm

