

SENIORS FITNESS AND EXERCISES CLASSES

MONDAY

8:45 – 10:00 a.m. WALK FIT55+
for men & women aged 55 years and older
Galleria Shopping Centre; 1245 Dupont St. @ Dufferin with Maria

11:00 am to 12pm SENIORS' DANCE FIT 55+
(at 1900 Davenport Rd., in the Sanctuary with Monica)

12:30 - 2:30 PING PONG 55+
(In the Sanctuary with Maria)

TUESDAY

2:30 – 3:30 p.m. ZUMBA GOLD & GET FIT 55+
(In Perth Hall with Maria and Monica)
Led in English, Italian & Portuguese **for women and men 55+**
Gentle aerobics, weight lifting, stretching and more.

WEDNESDAY

2:30 – 3:30 p.m. CHAIR ZUMBA GOLD & SIT FIT 55+
with Monica & Maria in Perth Hall (for women and men 55+)
Chair aerobics, specialized chair zumba, weight lifting, stretching & more

THURSDAY

8:45 – 10:00 a.m. WALK FIT55+
for men & women aged 55 years and older
Galleria Shopping Centre; 1245 Dupont St. @ Dufferin with Maria

3 - 4 p.m. ZUMBA GOLD / Ejercicios de Zumba
(with Monica in the Sanctuary)

FRIDAY

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

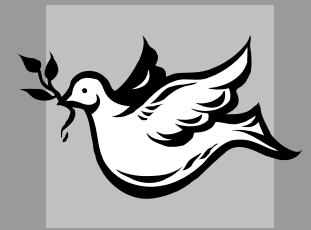
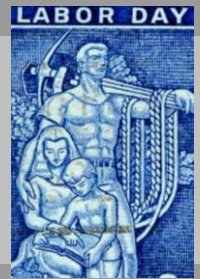
2:30 – 3:30 p.m. – SENIORS' CHAIR YOGA with Monica in Perth Hall
(For women and men 55+)

DPNCHC SENIORS' SERVICES

September 2015

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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Life happens here.™



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TUESDAY

11:00 - 12:00 SENIORS' English Classes (ESL)
Learn English through informal conversation by Yeni Vargas.
(Florrie's room)

12:00 – 2:30 p.m. CANTINHO DA AMIZADE 55+
(em Sala de Sub-basement para mulheres & homens, 55 anos +)
Para programa em Português chame Maria 416-656-8025 ext 379

September 1-Exercicios para manter o Cerebro Ativo
September 8- Tour em Toronto
September 15-Artesanato com Lumi
September 22-Bingo
September 29-Apresentacao para Saude dos Olhos com CNIB

12:30 – 2:30 p.m. DONNE INSIEME
(En Perth Hall per donne Italiane 55+)
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

September 1-Bingo
September 8-Craft con Lumie
September 15-Bentornata Maria
September 22- Bocce
September 29-Discussione con Maria.

ANNOUNCEMENTS

Thursday September 3 Bicycle Opera Show 1:00 pm
September 7- Centre Closed Labour Day
September 12 DPNCHC'S 30Th Anniversary 1-4pm
Thursday September 23 Trip to Niagara Falls
Thursday September 24 Seniors Fundraiser 5:30-8:00pm
" Disco Fever" \$ 5.00 entrance

WEDNESDAY

10 a.m. – 12 p.m. ART GROUP
Volunteer led in English by Lumy in Perth Hall

12 – 1 p.m. 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 p.m. SENIORS' WELLNESS GROUP
(In Perth Hall)
Social recreational activities & health topics

September 2-Craft with Lumi
September 9-Presentation by Physiotherapist Janet
September 16-Presentation by CNIB
September 23-Trip to Niagara Falls
September 30-Bingo and Birthdays

3:30 - 5:00 p.m. September 2, 16 & 30 SEWING /COSTURA
Facilitadora: Maria Thomas
(in Garden Room)

August 9
3:30 - 5:00 p.m. Taller de Arte de Repujado en Aluminio
Facilitadora: Lumy Fuentes, Taller Talento Arte-Sano
(in Garden Room)

5:00 p.m. Community Dining in Perth Hall
(\$1 for a great meal)

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

1:00 – 4:30 p.m. CLUB AMISTAD
(En el segundo piso – Sanctuary)
Actividades sociales, recreacionales y educativas
Para el programa de Español contacte Mariela Soto 416 656-8025 ext 263

September 3-Show de Opera
September 10 Presentacion de Testamentos
September 17- Presentacion CNIB
September 24-Cumpleaños

UPCOMING EVENTS:

Apple Picking Wednesday October 7 from 9am -5pm
Health Forum to be announced
Monday October 12 Centre Closed
Thursday October 29 Halloween Party 1:00-4:30

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