

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

October 2015 Events

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
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Life happens here.™



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TUESDAY

10-11 am. Seniors ESL Beginners
11:00 - 12:00 Seniors ESL Intermediate /Advance
 Learn English through informal conversation by Yeni and Fabiana
 (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

October 6- Celebração de Ação de Graças
 October 13- 2ª Seção sobre Fisioterapia
 October 20-Passeando nos pontos turísticos de Toronto
 October 27- Funcionamento do cérebro

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

October 6- Presentazione Fisioterapia
 October 13- Presentazione Diabete
 October 20- Presentazione CNIB
 October 27- Presentazione Fisioterapia

ANNOUNCEMENTS

Apple Picking Wednesday October 7 from 9am -5pm \$15

Monday October 12 Centre Closed

Thursday October 29 Halloween Party 1:00-4:00

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

October 7-Trip to Chudleigh's Farm Apple Picking 9:15am-5:00 pm.
 October 14-Presentation on Diabetes by Unison
 October 21-Singing with Andrew
 October 28- Presentation on Brain Works by Nicollina

3:30 - 5:00 p.m. October 21 SEWING /COSTURA
 (Volunteer - led in English & Spanish with Maria in Garden Room)

3:30 – 5:00 p.m. Crochet and Knitting Classes
Clases De Crochet / Tejido
 (Volunteer - led in English & Spanish with Marcia –In Church Parlour)

3:30 - 5:00 p.m. October 14 & 28 Embossed Aluminum /
Taller de Arte de Repujado en Aluminio
 (Volunteer - led in English & Spanish with Lumy 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

October 1-No hay Programa
 October 8-Presentacion sobre Elecciones Federales con Alejandra Bravo
 October 15-No Hay Programa
 October 22-Presentacion sobre Diabetes con Unison y Cumpleaños
 October 29 Fiesta de Halloween

UPCOMING EVENTS:

November 5 1:00-5:00 pm- Sanctuary Community Health and Active Living Fair

- Physiotherapy Moves
- Food Demos
- Zumba Dancing and many more presenters.

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