

SENIORS' FITNESS CLASSES

MONDAY

After December 14th, no classes until Monday January 11th, 2016

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 Monica)

Led in English, Italian & Portuguese for women and men 55+

Gentle aerobics, weight lifting, stretching and more.

After December 15th, no classes until Tuesday January 12th, 2016

WEDNESDAY

2:30 – 3:30 p.m. 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

After December 16th, no classes until Wednesday January 13th, 2016

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)

After December 17th, no classes until Thursday January 14th, 2016

FRIDAY

12:30 - 2:30 PING PONG 55+

(In Sanctuary with Maria)

After December 11th, no classes until Friday January 15th, 2016

DPNCHC SENIORS' SERVICES

December 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

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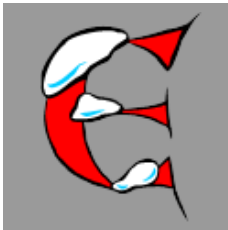
1900 Davenport Road
Toronto, ON M6N 1B7
www.dpnchc.ca

Davenport-Perth

Neighbourhood and Community Health Centre



*Merry
Christmas*

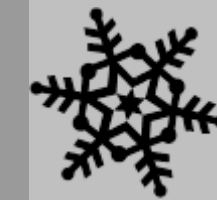


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TUESDAY

10 - 11 am Seniors' ESL - Beginners
11:00 - 12:00 Seniors ESL - Intermediate /Advance
 Learn English through *informal conversation* with Yeni
 (Florrie's Room & Youth Basement)
No classes December 22 or 29

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

December 1 – “Diferenças entre o Cerebro Masculino e Feminino”
 December 8 – “Conhecendo Melhor o Cérebro” com Nurse Diana
 December 15 – “Alimentação Saudável para o seu Cérebro” – com Jedit
December 22 & 29 – Sem Programa

1 – 2:30 pm DONNE INSIEME
 (En Perth Hall per Donne Italiane 55+)
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Dec. 1 - Pranzo di Natale 12:30-1/1 - 2:15 “Salute del Cervello” con Nurse Diana
 Dec. 8 - Pranzo di Natale 12:30-1/1 - 2:15 “Musica e Movimento: Influssce Coordinamento” – J.Hicks
 Dec.15 - Pranzo di Natale 12:30-1/1 - 2:15 “Musica, Movimento e Creatività: Affidare tè Cervello Attivo” – J.Hicks
December 22 & 29 - No Programma

ANNOUNCEMENTS

Thurs. Dec. 10 Seniors Art Exhibit 4 – 8 pm in the Sanctuary

Thurs. Dec. 17 Seniors Holiday Party 1- 4 pm Sanctuary

Happy Holidays & New Year to each of you

From the Seniors' Services Team!

See you back in programmes on January 11, 2016!

WEDNESDAY

10 am – 12 pm ART GROUP
 Volunteer led in English by Lumy in Perth Hall
No classes Dec. 23 & 30

12 – 1 pm SENIORS' SOUP SOCIAL
 (In Perth Hall)
No Program Dec. 23 & 30
 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

Dec. 2 –Christmas Craft by Lumy
 Dec. 9 - Singing with Andrew 12:15 -1:00/ 1 – 2:15 “Music & Movement: Effects on Coordination” – Jennifer Hicks
 Dec.16 – Singing with Andrew 12:15 -1:00/ 1 – 2:15 “Music, Movement & Creativity: Keeping the Brain Active” – Jennifer Hicks
December 23 - No Program
December 30 - No Program

3:30 – 5:00 p.m. Crochet and Knitting Classes
Clases De Crochet / Tejido
 (Volunteer - led in English & Spanish with Marcia - in Church Parlour)
Dec 23 & 30 No Program

3:30 - 5:00 p.m. Dec 02 last class Embossed Aluminum /
Taller de Arte de Repujado en Aluminio
 (Volunteer - led in English & Spanish with Lumy in Garden Room)
Dec 23 & 30 No Program

3:30 - 5:00 p.m Dec 09 & 16 Making Christmas Card
 (Volunteer - led in English & Spanish with Maria in Garden Room)
Dec 23 & 30 No Program

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 – 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

Dec. 3 – “Ombros” con nuestra Fisioterapista Janet
 Dec.10 – “Cerebro Saludable” con Nurse Diana y “Cumpleaños”
Dec. 17- Fiesta de Navidad
Dec. 24 - No Hay Programa
Dec. 31 - No Hay Programa



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