

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

November 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

Davenport-Perth
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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

November 3 -3rd Seção sobre Fisioterapia
 November 10 - Apresentação Diabetes
 November 17-Artesanato com Lumy
 November 24- Apresentação 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

November 3- Funzione del Cervello
 November 10- Presentazione Fisioterapia
 November 17- L'alimentazione per la salute del cervello
 November 24 – Presentazione Fisioterapia

ANNOUNCEMENTS

DPNCHC Seniors Art Group Excibith at Cristina Martins' Constituency Office 1199 Bloor Street West all November

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

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

Wednesday November 25 1:00-8:00 pm- Sanctuary International Day for the Elimination of Violence against Women Event

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

November 4-3rd Presentation by Physiotherapist Janet
 November 11-Nutrition for Brain Health by Jedid
 November 18- 4th Presentation by Physiotherapist Janet
 November 25-Bingo and Birthdays

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. 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

November 5- Feria de Salud /Health Fair
 November 12-Funcion del Cerebro
 November 19-Presentacion con Fisioterapista Janet
 November 26- Nutrición para un Cerebro Saludable con nuestra Nutricionista Jedid y Cumpleaños

UPCOMING EVENTS:

Thursday December 10 Seniors Art Group Excibith 2-8 Sanctuary

Thursday December 17 Seniors Christmas Party 1-4pm