

SENIORS' FITNESS CLASSES

All Programs Start the Week of Monday January 11th, 2016

MONDAY

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 12pm SENIORS' DANCE FIT 55+

(at 1900 Davenport Rd., in the Sanctuary with Monica)

12:30 - 2:30 pm PING PONG 55+

(In the Sanctuary with Maria)

TUESDAY

2:30 – 3:30 pm 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.

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, weight lifting, stretching & more

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

3 - 4 pm 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 pm – SENIORS' CHAIR YOGA with Fazia in Perth Hall

(For women and men 55+)

DPNCHC SENIORS' SERVICES

January 2016 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

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.™



Davenport-Perth

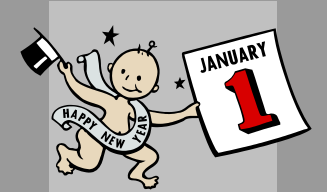
Neighbourhood and Community Health Centre

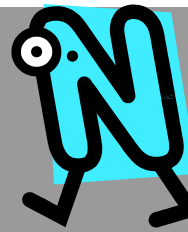
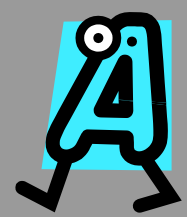
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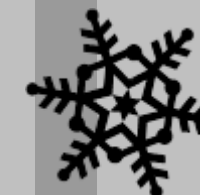


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EVENT LISTINGS

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)
Classes Stars Tuesday January 12, 2016

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

Janeiro 5 - No programma
 Janeiro12 - Música, movimento e o corpo
 Janeiro19 - Música, movimento e criatividade
 Janeiro26 - Ervas e suplementos necessários para nosso cérebro

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

Gennaio 5 - No programma
 Gennaio12 - Bentornate e Canto e il cervello
 Gennaio19 - Erbe e integratori per il cervello - Jedid
 Gennaio26 - Musica e Memoria

ANNOUNCEMENTS

Happy New Year from all of us in Seniors' Services!
 Welcome back!

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

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

January 6 - No Program
 January 13 - Music & Memory: effects on stroke recovery, dementia - J. Hicks
 January 20- Brain Herbs and Supplements –Jedid Blom
 January 27- Music & Speech: effects on aphasia due to stroke, non-verbal communication - Jennifer Hicks

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

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

Enero 7 - No Hay Programa
 Enero 14 - Musica, Movimiento y Creatividad: Manteniendo tu cuerpo saludable con Jennifer Hicks
 Enero 21- Musica y Memoria: efectos de recuperación de stroke y demencia con Jennifer Hicks
 Enero 28 - Musica y el Habla efectos sobre aphasia debido a un stroke, comunicación no verbal con Jennifer Hicks y Cumpleaños

1:30 – 4 p.m. FILM ITALIANO 55+
Film e Discussione alla Libreria di Dufferin e St. Clair
 1625 Dufferin St.
 In collaborazione con la Toronto Public Library
 Facilitator: Maria Di Marco
January 28

UPCOMING EVENTS:

Mon. February 8 – “Family Day” Holiday
Centre Closed

Tues. February 10 – Valentine’s Day Party
1 - 3:30 in the Sanctuary

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