

SENIORS' FITNESS CLASSES

MONDAY – no classes Feb. 15 holiday

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

February 2016 Events

For Adults 55+

Look inside for program details; Para maiores informações, veja dentro;
Per ulteriori informazioni guardate dentro, ver dentro más información



Life happens here.™



Davenport-Perth
Neighbourhood and Community Health Centre

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T 416 656 8025
F 416 656 1264

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

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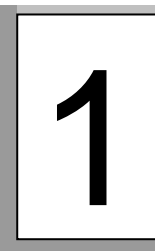
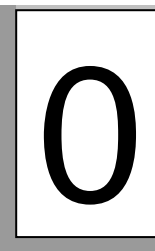
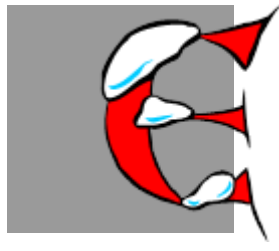


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EVENT LISTINGS

TUESDAY

10 - 11 am Seniors' ESL - Beginners
11:00 - 12:00 Seniors ESL - Intermediate /Advance
 Learn English through *informal conversation* with Yeni & Fabiana
 (Florrie's Room & Youth Basement)

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

Fevereiro 2 - Jogos e Colagem com Fabiana Guincho
 Fevereiro 9 - Jogos e Colagem com Fabiana Guincho
 Fevereiro 16 - Efeitos da música e memória na recuperação de derrame e demência com Jennifer Hicks
 Fevereiro 23 – Eu: cidadão de Ontario Parte 1

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

Febbraio 2 - Discussione com Maria
 Febbraio 9 - Musica & Voce: effetti di afasia causate da ischemia, comunicazione non verbale – com Jennifer Hicks
 Febbraio 16 - Erbe per il Cervello e Integratori com Jedid Blom
 Febbraio 23 - Musica, movimento e comunità: Esperienza di gruppo, passaggi di vita, cambiamenti di vita, perdita e mantenimento della identità culturale com Jennifer Hicks

ANNOUNCEMENTS

Centre closed Monday Feb. 15, 2016 for Family Day Holiday.



WEDNESDAY

10 am – 12 pm ART GROUP
Global Art Project for Peace
 Volunteer led in English by Lumy Fuentes 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

February 3 – The Healthy Aging Brain - Diana Sanchez
February 10 - Valentine Party
 February 17 - Music, movement and community: group experience, rites of passage, life changes, loss and maintaining cultural connection –J. Hicks
 February 24- "Music in Action; How Music Can Help To Maintain Brain Fitness and Vitality All of Your Life" - Andrew, Liz and Eric

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

Febrero 4 - Nutriendo el Cerebro con Jedid Blom
 Febrero 11- Fiesta de la Amistad y Cumpleaños
 Febrero 18-Como Reconocer si me Amo para Poder Amar
 Febrero 25 - Yervas y Suplementos para el Cerebro con Jedid Blom

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
February 25

UPCOMING EVENTS:

Tues. March 8 - International Women's Day is held annually to celebrate women's achievements throughout history and across nations. It is also known as the United Nations (UN) Day for Women's Rights and International Peace.



International Women's Day

Wed. March 23 - 10:00 - 12 noon Easter Art/Craft



Mar. 25 - Good Friday & Mar. 28 - Easter Monday - Centre Closed

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