SENIORS' FITNESS CLASSES

MONDAY – no classes Mar. 28 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+ (1900 Davenport Rd., 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 – no classes Mar. 25 holiday

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+)

TORONTO

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United Way Toronto · Ontario's Community Health Centres · Ontario

Davenport-Perth
Neighbourhood and Community Health Centre

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T 416 656 8025
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1900 Davenport Road
Toronto, ON M6N 1B7
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DPNCHC SENIORS' SERVICES

March 2016 Events

For Adults 55+

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

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DPNCHC Seniors'Services

EVENT LISTINGS

MAR 2016

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

Mar 1- Música e Fala: Limitações depois do derrame.Comunicação não verbal
Março 08 - Enganjamento Cívico com Matthew de Oficina - MPP Cristina Martins
Mar 15 - Música, movimentoe comunicação: experiência com grupos, mudanças na vida, perda e manutenção de conexões culturais com Jennifer Hicks
Março 22- Ida so Parlamento
Março 29 – Visita - MPP Cristina Martins

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

Marzo 1- Brain Fit 55+ Journal by Fabiana
Marzo 8 - Celebrazione Delle Donne
Marzo 15 - Brain Fit 55+Giochi e Colori
Marzo 22 - Presentatione Demenzia Senile con Alzheimer Society
Marzo 29 - Brain Fit 55+ Giochi e Colori

ANNOUNCEMENTS

Tue. Mar. 8 – Happy International Women's Day!
Sun. Mar. 13 – turn your clocks ahead 1 hour
Thurs. Mar. 17 – Happy St. Patrick's Day
Sun. Mar. 20 – Happy Spring!

Wed. Mar. 23 - 10:00 - 12 noon - Easter Art/Craft
- 3 -5 pm - Global Peace Art Project - Event/Exhibit

Centre Closed Mar. 25 - Mar. 28 - Easter Holidays

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
For more information call Mariela Soto 416 656-8025 ext 263

March 2- Music in Action by Andrew, Liz & Eric
March 9- Music in Action by Andrew, Liz & Eric
March 16- Music in Action by Andrew, Liz & Eric
March 23- Music in Action by Andrew, Liz & Eric
March 30- Music in Action by Andrew, Liz & 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

10 - 12:30 Chronic Disease Self-Management Workshop
Dates: March 3, 10, 17, 24, 31 and April 7
For Registration call Mariela 416 656-8025 ext 263

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

Mar 3 - Ejercitando Tu Cerebro decorando Tu Diario de Vida con Fabiana
Marzo 10 - Celebración del Día Internacional de la Mujer
Marzo 17- Clases de Cocina con la Nutricionista Jedid Blom
Marzo 24 - Presentación sobre Demencia con Alzheimer Society
March 31 - Presentación sobre Fisioterapia con Janet Cheng

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
March 31

UPCOMING EVENTS:

No Seniors Program April 04 to April 08

April 21 @ 7 pm - DPNCHC Spring Fundraiser

Earth Day – April 22

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