

SENIORS' FITNESS CLASSES – DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	5 2:30 – 3:30 – Zumba Gold & Get Fit55+ Sanctuary	6 2:30 – 3:30pm Chair Zumba& SitFit55+ Perth Hall	7 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11-12- Chair Yoga Sanctuary 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold Sanctuary
11 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	12 2:30 – 3:30 – Zumba Gold & Get Fit55+ Sanctuary	13 2:30 – 3:30pm Chair Zumba& SitFit55+ Perth Hall	14 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre (Last Walk Fit55+ till Jan.8) CHRISTMAS PARTY (No other Programmes)
18 NO PROGRAM	19 NO PROGRAM	20 NO PROGRAM	21 NO PROGRAM
25 NO PROGRAM	26 NO PROGRAM	27 NO PROGRAM	28 NO PROGRAM

- *Classes are for women and men 55+ years
 - Galleria Shopping Centre: 1245 Dupont St. @ Dufferin with Maria D.

DPNCHC SENIORS' SERVICES

December 2017

For Adults 55+



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

Reasonable accommodation or any other special needs will be provided upon request. If you
 require accommodation, please advise program contact name by phone or email or in person.

Davenport-Perth



Neighbourhood and Community Health Centre

E info@dpnchc.ca
 T 416 656 8025
 F 416 656 1264

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 Toronto, ON M6N 1B7
www.dpnchc.ca



Life happens here.™



Davenport-Perth
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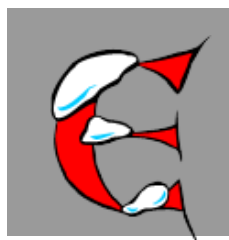
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EVENT LISTINGS

DPNCHC Seniors' Services

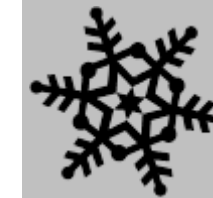


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TUESDAY

10:00 - 11 am Seniors' Conversational ESL

Learn English through *informal conversation*
(Florrie's Room & Youth Basement)

No Program December 19, 26 or January 2

11:00 – 2:30 pm CANTINHO DA AMIZADE 55+

(na Sala de Youth Basement para mulheres & homens, 55 anos +)
Para programa em Português chame Maria 416-656-8025 ext 379

Dezembro 5 - Canções de Natal
Dezembro 12 - Canções de Natal
Dezembro 19 - **No Programa**
Dezembro 26 - **No Programa**
January 2 - **No Programa**
January 11 - Bem vindos

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Dicembre 5 – Canzoni di Natale
Dicembre 12 - Canzoni di Natale
Dicembre 19 - **No Programma**
Dicembre 26 - **No Programma**
January 2 - **No Programma**
January 11 - Bentornate

ANNOUNCEMENTS

Thursday, Dec. 14 -  Seniors Christmas Party 1- 3:30pm

No Seniors' Programming Dec. 15th through Jan. 7, 2018



From all of us to all of you - Happy Holidays & a Healthy and Fruitful New Year!

WEDNESDAY

10 am – 12 pm ART GROUP

Volunteer-led by Lumy in Perth Hall

No Program - December 20, 27, or January 3

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

No Program - December 20, 27, or January 3

1 – 2 pm SENIORS' WELLNESS GROUP

(Perth Hall)

Social recreational activities & health topics

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

December 6 - Christmas Songs with Andrew Ages and Maria Di Marco
December 13 - Christmas Songs with Andrew Ages and Maria Di Marco
December 20 - No Program
December 27 - No Program
January 3 - **No Program**
January 11 - **Welcome Back**

3:30 – 4:45 – "Lumosity"

(Garden Room)

Start Date To Be Announced

No Program - December 20, 27, or January 3

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 Clases de Exercicios atras desta pagina.

THURSDAY

1 – 4:30 pm CLUB AMISTAD

(En el primer piso – Perth Hall)

Actividades sociales, recreacionales y educativas

Para el programas de Español contacte Mariela Soto 416 656-8025 ext 263

Diciembre 7 - Flor de Navidad con Alfredo Correa y Cumpleaños Nov y Dic
Diciembre 14 - Fiesta de Navidad
Diciembre 21 - No Hay Program
Diciembre 28 - No Hay Program
Enero 4 - **No Hay Program**
Enero 11 - **Bienvenidos**

4:00 – 5:00 pm BAILANDO FOREVER

(En Perth Hall)

Práctica de danza folclórica española para hombres y mujeres 55+
Dirigido por voluntaria, Guadalupe Velasco

Para mas informacion contacte Mariela Soto 416 656-8025 ext 263

No Hay Program Diciembre 14, 21, 28, Enero 4, o 11

UPCOMING EVENTS:

Programmes begin again January 8, 2018

