

SENIORS' FITNESS CLASSES – JANUARY

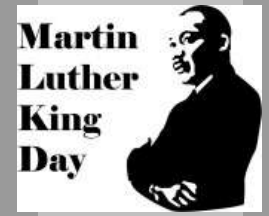
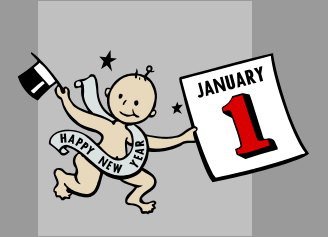
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	9 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	10 2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	11 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <u>NO CHAIR YOGA</u> 12:30 – 2:30- Ping Pong & Bocce - Sanctuary 3-3:45pm – Zumba Gold
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* Classes are for women and men 55+ years
 * Galleria Shopping Centre: 1245 Dupont St. @ Dufferin – WalkFit 55+

DPNCHC SENIORS' SERVICES

JANUARY 2018

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 1900 Davenport Road
 T 416 656 8025 Toronto, ON M6N 1B7
 F 416 656 1264 www.dpnchc.ca



Life happens here.™

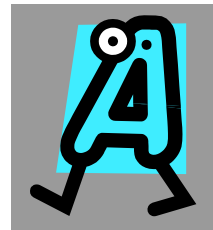


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EVENT LISTINGS

DPNCHC Seniors' Services

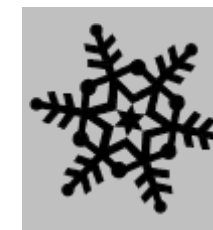


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TUESDAY

Seniors' Conversational ESL

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

10 am - 12 noon – Basic

11 am - 12 noon – Intermediate

Begins January 9; no program 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

January 2 - No Programa

January 9 - Bemvidos
January 16 - Bingo
January 23 - Valentine arte e Artesanato com Lumy
January 30 – Nutrição com Ashley Dietista

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

January 02 - No Programma

January 11 - Bentornate
January 16 – Valentine Arte e Artigianato con Lumy
January 23 - Discussione con Maria
January 30 - Theatre Eldercare Workshop

ANNOUNCEMENTS

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

Welcome back!

See you back in programmes on January 8, 2018!



WEDNESDAY

10 am – 12 pm ART GROUP

Piñata Workshop by Lumy in Perth Hall
No Program - January 3

12 – 1 pm SENIORS' SOUP SOCIAL

(Perth Hall)

Bring your own lunch and have a cup of soup with us!

Soup is served only between 12 & 12:30

No Program 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**

January 3 - No Program

January 10 - Welcome Back
January 17 – Theatre Eldercare Workshop
January 24 - Bingo and Birthdays
January 31 - Music in Action with Andrew Ages

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

Jan. 31

3:30 – 4:50 – “Lumosity” Brain Games

(Garden Room)

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 Classes de Exercicios atras desta pagina.

THURSDAY

1:30 – 4 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

Enero 4 - No Hay Program

Enero 11- Bienvenidos - Como hacer Piñatas con Lumy
Enero 18 - Como hacer Piñatas con Lumy
Enero 25 - Como hacer Piñatas con Lumy y Cumpleaños

4 – 5 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 Enero 4 y 11

UPCOMING EVENTS:

February is Black History Month

Wednesday, February 14 – Valentine's Day Party

1 – 4 in the Sanctuary 

Mon. February 19 – “Family Day” Holiday

Centre Closed