

# SENIORS' FITNESS CLASSES – FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>5</b></p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p><b>6</b></p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p><b>7</b></p> <p>2:30 – 3:30pm Chair Zumba &amp; SitFit55+ Perth Hall</p>	<p><b>8</b></p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm –CHAIR YOGA</p> <p>12:30 – 2:30- Ping Pong &amp; Bocce</p> <p>3- 4pm – Zumba Gold</p>
<p><b>12</b></p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p><b>13</b></p> <p><b>VALENTINES' PARTY</b></p> <p><b><u>NO PROGRAM</u></b></p>	<p><b>14</b></p> <p>2:30 – 3:30pm Chair Zumba&amp; SitFit55+ Perth Hall</p>	<p><b>15</b></p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm– CHAIR YOGA</p> <p>12:30 – 2:30- Ping Pong &amp; Bocce -</p> <p>3- 4pm – Zumba Gold</p>
<p><b>19</b></p> <p><b>Family Day” Holiday Centre Closed</b></p>	<p><b>20</b></p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p><b>21</b></p> <p>2:30 – 3:30pm Chair Zumba&amp; SitFit55+ Perth Hall</p>	<p><b>22</b></p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm – CHAIR YOGA</p> <p>12:30 – 2:30- Ping Pong &amp; Bocce -</p> <p>3 - 4pm – Zumba Gold</p>
<p><b>26</b></p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p><b>27</b></p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p><b>28</b></p> <p>2:30 – 3:30pm Chair Zumba &amp; SitFit55+ Perth Hall</p>	

\* Classes are for women and men 55+ years

\* Galleria Shopping Centre: 1245 Dupont St. @ Dufferin – WalkFit 55+

## DPNCHC SENIORS' SERVICES

**FEBRUARY 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

T 416 656 8025

F 416 656 1264

1900 Davenport Road

Toronto, ON M6N 1B7

[www.dpnchc.ca](http://www.dpnchc.ca)



Life happens here.™



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# EVENT LISTINGS

DPNCHC Seniors' Services

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8



## TUESDAY

### Seniors' Conversational ESL

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

**10 am - 12 noon – Basic**

**11 am - 12 noon – Intermediate**

### 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

Fevereiro 06 - Cuidados para a Terceira Idade

**Fevereiro 13 - Festa de São Valentino**

Fevereiro 20 - Guia e Efeitos de Atividades Físicas com fisioterapeuta

Fevereiro 27 - Artesanato com Lumy

### 1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Febbraio 06 - Valentine Arte con Lumy

**Febbraio 13- Valentine Party**

Febbraio 20 - Mangiare Sano con Ashley – Dietologa con Ashley

Febbraio 27- Discussione con Maria

## ANNOUNCEMENTS

**Tuesday, February 13 – Valentine's Day Party**

1 – 4 in the Sanctuary



**Mon. February 19 – “Family Day” Holiday**

**Centre Closed**

**Thurs. Feb 22 - Celebration of Black History Month 4:30**

## WEDNESDAY

**10 am – 12 pm ART GROUP**  
**Gallery Presentation by Marjan in Perth Hall**  
**No Program February 14**

### 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 February 14**

### 1 – 2 pm SENIORS' WELLNESS GROUP

(Perth Hall)

Social recreational activities & health topics

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

February 07 - Bingo

February 14 - Valentine Art and Craft with Lumy

February 21 - Presentation on Healthy Nutrition with Ashley- Dietitian

February 28 - Presentation on Physical Activity Guidelines and Evidence with Fraser- Physiotherapy

### 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 28**

### 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 Clases de Exercicios atras desta pagina.

## THURSDAY

### 1:00 – 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

Febrero 01 - Como hacer Piñatas con Lumy

Febrero 08 - Teatro –Seminario de “Cuidado del Adulto Mayor”

Febrero 15 - Fiesta de la Amistad y Cumpleaños

Febrero 22 - Presentación Actividad Física con Fraser- Fisioterapista

### 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

## UPCOMING EVENTS:

**March 8 – International Women Day**

