

SENIORS' FITNESS CLASSES – MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			¹ 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11-12pm - Chair Yoga 12:30 – 2:30- Ping Pong & Bocce 3-3:45pm – Zumba Gold
⁵ 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	⁶ 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	⁷ 2:30 – 3:30pm Chair Zumba& SitFit55+ Perth Hall	⁸ 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <u>NO PROGRAM</u> Women's Day Party
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* Classes are for women and men 55+ years

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

DPNCHC SENIORS' SERVICES

MARCH 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
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Davenport-Perth 
Neighbourhood and Community Health Centre

EVENT LISTINGS

DPNCHC Seniors' Services



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TUESDAY

Seniors' Conversational ESL

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

10 am - 12 noon – Basic

11 am - 12 noon – Intermediate

12:00 – 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

Março 6 - Artesanato 2ª parte com Lumy Fuentes

Março 13 – Não Programa

Março 20 – Trabalho em grupos

Março 27 – “Cuidados com a Pele e os Pés no Inverno” com Aleiandra

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Marzo 6 – Attivafisica con Fisioterapista con Fraser

Marzo 13 – No Programa

Marzo 20 – Discussione con Maria

Marzo 27 – Mangiare Sano con Dietologa Stephanie

3:30 – 4:30 – Seniors' Choir

(In The Sanctuary with Doug Gallant)

Mar. 6 - longer choir practice today from 3:30 – 5 pm

Mar. 13 - choir practice will be in Perth Hall today only

Mar. 20 - regular practice

Mar. 27 – regular practice

5:30 – 8:30 pm - Seniors' Art with Tania

(in Perth Hall)



ANNOUNCEMENTS

March 8 – International Women Day Party

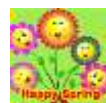


Sunday, March 11 – Daylight Savings – turn your clock forward



March 12 – 16 – No programs except for Walk Fit55+ & Choir

Tuesday, March 20 – Spring begins



Wed. Mar. 21 – 10 am – 2:30 pm Egg-stravaganza Day!



Fri. Mar. 31 – Passover



WEDNESDAY

10 am – 12 pm ART GROUP

(in Perth Hall with Marjan Verstappen)

“Professional Practice Workshops for Artists”

Mar. 7 – “Attaching framing and hanging hardware to your Art”

Mar. 14 - No programme today

Mar. 21 – Egg-stravaganza till 2:30

Mar. 28 – “ Hanging things Straight”

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 PROGRAMME MARCH 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

March 7 – International Women's Day Crafts with Lumy Fuentes

March 14 – No programme

March 21 - Egg-stravaganza till 2:30

March 28 – Birthdays & Bingo

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 28 – Amore e Anarchia

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 Ejercicios 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

Marzo 1 - Presentación sobre Nutrición con la Dietista Ashley

1:00 - Marzo 8 – Fiesta de la Día Internacional de La Mujer

Marzo 15 - No Hay Programa hoy

Marzo 22 - Presentación sobre Poder y Testamento

Marzo 29 - Cumpleaños y Bingo

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:



Centre Closed March 30 - April 2 for Easter Holidays

Earth Day – Sunday, April 22



Thurs. April 26 – “Spring Welcoming” Fundraiser 1 - 4