

SENIORS' FITNESS CLASSES – APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 EASTER MONDAY HOLIDAY CENTRE CLOSED	3 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	4 2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	5 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <u>11-12pm - Chair Yoga</u> 12:30 – 2:30- Ping Pong <u>NO ZUMBA GOLD</u>
9 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	10 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	11 2:30 – 3:30pm Chair Zumba & SitFit55+ Perth Hall	12 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <u>NO Chair Yoga</u> 12:30 – 2:30- Ping Pong 3-3:45pm – Zumba Gold
16 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	17 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	18 <u>NO CHAIR ZUMBA</u>	19 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11-12pm - Chair Yoga 12:30 – 2:30- Ping Pong & Bocce 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

APRIL 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

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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

12:30 – Brain HQ (CLOSED GROUP) – Florrie's Room

1:00 – 2:15 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

Abril 3 – Cuidados com os olhos com optometrista
Abril 10 - Alimentação Saudável com Stephanie
Abril 17 – Testamento e Procuracia con advogado
Abril 24 – Artrite e como lidar coma dor com fisioterapeuta Fraser

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Aprile 3 - Cura della Pelle e Piedi con Alejandra
Aprile 10 - Discussione con Maria
Aprile 17 - Presenazione con Fisioterapista
Aprile 24 -Salute Degli Occhi

3:30 – 4:30 – Seniors' Choir

(In The Sanctuary with Doug Gallant)

Except for April 3 when it is in Perth Hall

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

(in Perth Hall)

ANNOUNCEMENTS

Monday April 2 – Centre closed for Easter Monday



Sunday April 22 – Earth Day!



Thursday April 26 – “Welcome Spring!” Dance Fundraiser 1 – 4pm



WEDNESDAY

10 am – 12 pm ART GROUP

(in Perth Hall with Marjan Verstappen)

“Professional Practice Workshops for Artists”

April 4 – “Selecting Quality Prefabricated Frames”
April 11 – “Good Thrift Store Frame Finds & Refurbishing Them”
April 18 – “Mounting Works on Paper Media”
April 25 – “Drill Safety & Tips for Working with a Framer”

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

1 – 2 pm SENIORS' WELLNESS GROUP

(Perth Hall)

Social recreational activities & health topics

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

April 4 - Skin and Foot Care with Alejandra
April 11 - Healthy Nutrition with our Dietitian Stephanie
April 18 - Arthritis and Pain Management with Physiotherapist Fraser
April 25 – Bingo and Birthdays

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

April 25 – Il Bello, Brutto & Cattivo

3:30 – 4:45 – “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

12:30 – 1:30 BRAIN HQ (CLOSED GROUP)

(En el primer piso – Perth Hall)

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**

Abril 05 - Comiendo Saludable con Nuestra Dietista Stephanie

Abril 12 – Presentación sobre Visión Saludable

Abril 19 - Manejo del Dolor de Artritis con Fisioterapista Fraser

Abril 26 - Fiesta de Primavera para juntar Fondos 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**

UPCOMING EVENTS:

May 23 – Victoria Day Holiday – Centre Closed



Tuesday May 29 - Seniors' Dance Fundraiser 1- 4

