


SENIORS' FITNESS CLASSES – MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> <p>9 - 10 am Pole Walking at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>2</p> <p>2:30 – 3:30pm Chair Zumba& SitFit55+ Perth Hall</p>	<p>3</p> <p>8:45-10am- Walk Fit55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga</p> <p>12:30 – 2:30- Ping Pong & Bocce</p> <p>3-3:45pm – Zumba Gold</p>
<p>7</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>8</p> <p>9 - 10 am Pole Walking at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>9</p> <p>2:30 – 3:30pm Chair Zumba& SitFit55+ Perth Hall</p>	<p>10</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga</p> <p>12:30 – 2:30- Ping Pong & Bocce</p> <p>3-3:45pm – Zumba Gold</p>
<p>14</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>15</p> <p>9 -10 am Pole Walking at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>16</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>17</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga</p> <p>12:30 – 2:30- Ping Pong & Bocce</p> <p>3-3:45pm – Zumba Gold</p>
<p>21</p> <p>Centre Closed For Victoria Day Holiday</p> 	<p>22</p> <p>9 - 10 am Pole Walking at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>23</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>24</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga</p> <p>12:30 – 2:30- Ping Pong & Bocce</p> <p>3-3:45pm – Zumba Gold</p>
<p>28</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>29</p> <p>9 - 10 am Pole Walking at Wadsworth Park</p> <p>1- 4 Fundraising Dance (No Zumba Gold & Get Fit)</p>	<p>30</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>31</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga</p> <p>12:30 – 2:30- Ping Pong & Bocce</p> <p>3-3:45pm – Zumba Gold</p>

DPNCHC SENIORS' SERVICES

MAY 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

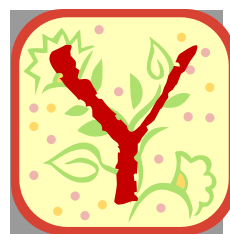
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EVENT LISTINGS

DPNCHC Seniors' Services



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8



TUESDAY

Seniors' Conversational ESL

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

10:30 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

Maio 01 – Artesanato com Lumy
Maio 08 – Celebração do Dia das Mães
Maio 15 – Cuidados com os olhos com optometrista
Maio 22 – Cuidados auditivos com Ana Marques
Maio 29 – Festa de Arrecadação de Fundos 1 - 4

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Maggio 01 – Presentazione Udito con Ana Marquez
Maggio 08 – Celebriamo le Mamme
Maggio 15 – Festa di Compleanno
Maggio 22 – Discussione con Maria
Maggio 29 – Festa Raccolta Fondi 1 - 4

3:30 – 4:30 – Seniors' Choir

(In The Sanctuary with Doug Gallant)

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

(in Perth Hall)

ANNOUNCEMENTS

Monday May 21 – Centre closed for Victoria Day



Tuesday May 29 – Seniors' Dance Fundraiser 1 – 4pm

WEDNESDAY

10 am – 12 pm ART GROUP

(in Perth Hall with Marjan Verstappen and Lumy Fuentes)

“Professional Practice Workshops for Artists”

May 2 - “Presenting Sculpture - Plinth Alternatives & Taking Good Photos of your Art”

May 9, 16, 23 & 30 – “Painting Spring Flowers” with Lumy

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

May 02 -Bingo
May 09 - Mother 's Day Celebration and Birthdays
May 16 - Canadian Hearing Society Presentation
May 23 – Art and craft with Lumy
May 30 – Presentation with UNISON

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

Maggio 30 –Film Italiano “Ladro Di Biciclette” (Bicycle Thieves)



3:30 – 5:00 – Happy Beaders - Starts May 9

Space is limited so register with Mariela at 416 656-8025 ext 263

(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

1:00 – 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

Mayo 03 – Presentación sobre inmigración con Erika e Ingrid, DPNCHC
Mayo 10 – Celebración del Día de la Madre y Cumpleaños
Mayo 17 – Presentación sobre Plantas de Primavera con Alfredo, City Parks
Mayo 24 – Presentación sobre Salud Auditiva con Ana Marquez
Mayo 31 - Presentacion con UNISON

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

FRIDAY



1:00 - 3:00 Seniors' Sewing

(Perth Hall)

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

UPCOMING EVENTS:

Tuesday June 12 – Seniors' Picnic 1- 4

Thursday June 21 - DPNCHC Annual General Meeting

5 – 8:30 pm

