

# SENIORS' FITNESS CLASSES – June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4 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>5 9 - 10 am Pole Walking 55+ at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>6 2:30 – 3:30pm Chair Zumba&amp; SitFit55+ Perth Hall</p>	<p>7 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga55+ 12:30 – 2:30- Ping Pong &amp; Bocce 55+ 3-3:45pm – Zumba Gold</p>
<p>11 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>12 <b>SENIORS' PICNIC</b>  <b>NO ZUMBA GOLD &amp; GET FIT55+</b></p>	<p>13 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>14 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11-12pm - Chair Yoga55+ 12:30 – 2:30- Ping Pong &amp; Bocce55+ 3-3:45pm – Zumba Gold</p>
<p>18 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>19 9 - 10 am Pole Walking 55+ at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>20 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>21 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p><b>AGM MEETING</b> <b>NO FITNESS CLASSES</b></p>
<p>25 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>26 9 - 10 am Pole Walking 55+ at Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>27 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>28 <b>ALL STAFF MEETING</b>  <b>NO WALK FIT55+ NO CHAIR YOGA 55+</b> 12:30 – 2:30- Ping Pong &amp; Bocce 55+ 3-3:45pm – Zumba Gold</p>

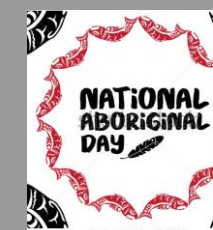
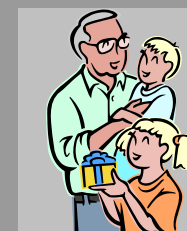
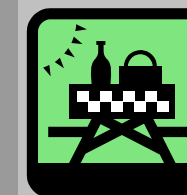
**Classes are for women and men 55+ years**

- Galleria Shopping Centre: 1245 Dupont St. @ Dufferin – WalkFit 55+
- Wadsworth Park : Connolly St & Laughton Av.

## DPNCHC SENIORS' SERVICES

### June 2018 Calendar

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

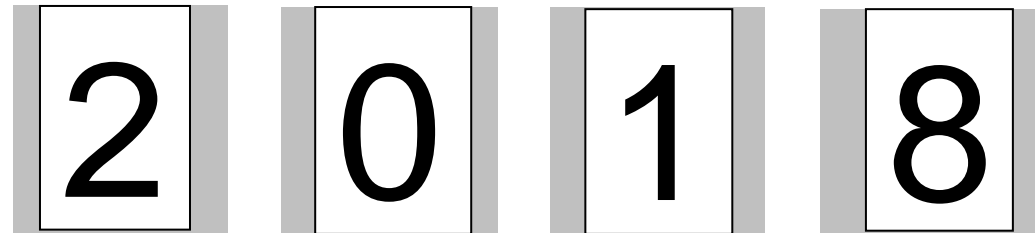
1900 Davenport Road  
Toronto, ON M6N 1B7  
www.dpnchc.ca

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# EVENT LISTINGS

DPNCHC Seniors' Services



## TUESDAY

### Seniors' Conversational ESL

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

**10:30 am - 12 noon – Basic**

**11:30 am – 12:30 – Intermediate**

**12 noon – 12:30 pm LAUGHING YOGA with Andres**  
Youth Basement

**12:00 – 2:30 pm CANTINHO DA AMIZADE 55+**

(na Sala de Youth Basement para mulheres & homens, 55 anos +)

Para programa em Português chame Cristina 416-656-8025 ext 379

June 05 - Apresentacao sobre prevencao a diabetes com uma representante do UNISON Community Services

**June 12 - Picnic do programa de idosos**

June 19 - Celebracao do mes de Portugal! – passeio a Museu de Portugal

June 26 - Celebracao do mes de Portugal! – Jogos! Jogos! Jogos!

**1 – 2:30 pm DONNE INSIEME**

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

June 05 -Discussion with Maria

**June 12 - Seniors Picnic**

June 19 - Tombola

June 26 – Arte Canada con Lumy

**3:30 – 4:30 – Seniors' Choir**

(In The Sanctuary with Maria Di Marco)

Ends Jun 12<sup>th</sup> & back again in September with Doug Gallant!

## ANNOUNCEMENTS

Tuesday June 12 – Seniors' Picnic 1- 4 pm



Thursday June 21 – DPNCHC Annual General Meeting 5-8:30 pm

Thursday, June 21 – Summer Solstice!



Thursday, June 21 – National Aboriginal Day



## WEDNESDAY

**10 am – 12 pm ART GROUP**

(in Perth Hall with Lumy Fuentes)

June 06, 13, 20, 27 - Canadian Landscaping

**June 27 – the class will take place at High Park**

**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**

June 06 - Presentation with Canadian Hearing Society – Ana Marquez

June 13 - Arts and Crafts with Lumy

June 20 - Presentation on Memory & Dementia with Sara Gambino - Geriatric Mental Health Research Services CAMH

June 27 - 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

**June 27**

**3:30 – 5 pm – Happy Beaders**

(Garden Room)

**Class is now full.**

For Waiting List, contact Mariela at 416 656-8025 ext 263

## 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

**1:00 – 3 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

Jun 07 - Presentación de Alzheimer con el Sicologo Ruben Chica

Jun 14 – Homepathia con Dr. Rick Olazabal

**Jun 21 - Reunion Annual del Centro 5:00 - 8:00 pm**

Jun 28 – Cumpleaños y Celebración del Día del Padre- Mandarin Restaurant

**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 416 656-8025 ext 263

## FRIDAY

**1:00 - 3:00 Seniors' Sewing – No Program June 15**

(Perth Hall)

**Class is now full.**

For Waiting List, contact Mariela at 416 656-8025 ext 263

## UPCOMING EVENTS:

Sun. July 1 – Canada Day; DPNCHC Closed Mon. July 2<sup>nd</sup>



July 3rd – 6th Seniors' Programmes Cancelled (*except for Walk Fit 55+*)

Tues. July 24 -Trip to Niagara Falls

