

# SENIORS' FITNESS CLASSES – July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 Canada Day Holiday <b><u>NO CLASSES</u></b></p>	<p>3 Administration Week <b><u>NO CLASSES</u></b></p>	<p>4 Administration Week <b><u>NO CLASSES</u></b></p>	<p>5 Administration Week <b><u>NO CLASSES</u></b></p>
<p>9 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p>10 9 - 10 am Pole Walking 55+ at Wadsworth Park 2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>11 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>12 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11-12pm - Chair Yoga55+ 12:30 – 2:30- Ping Pong &amp; Bocce55+ Sanctuary 3-3:45pm – Zumba Gold Sanctuary</p>
<p>16 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p>17 9 - 10 am Pole Walking 55+ at Wadsworth Park 2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>18 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>19 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 12:30 – 2:30- Ping Pong &amp; Bocce 55+ Sanctuary 3-3:45pm – Zumba Gold Sanctuary</p>
<p>23 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p>24 TRIP TO NIAGARA FALLS <b><u>NO CLASSES</u></b></p>	<p>25 2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>26 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 12:30 – 2:30- Ping Pong &amp; Bocce 55+ Sanctuary 3-3:45pm – Zumba Gold Sanctuary</p>
<p>30 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre <b><u>NO DANCEFIT 55+</u></b> 12:30 – 2:30 – Ping Pong55+ &amp; Bocce - Sanctuary</p>	<p>31 9 - 10 am Pole Walking 55+ at Wadsworth Park <b><u>NO ZUMBA GOLD</u></b></p>		

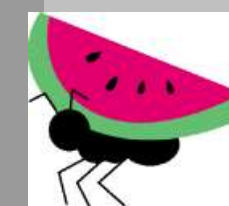
**Classes are for women and men 55+ years**

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

## DPNCHC SENIORS' SERVICES

### July 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



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# EVENT LISTINGS

DPNCHC Seniors' Services



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## TUESDAY

### SENIORS' CONVERSATIONAL ESL - July 3 - No Program

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

10:30 am - 12 noon - Basic

11:30 am - 12:30 - Intermediate

### 12 - 12:30 pm LAUGHING YOGA with Andres - Jul. 3 - No Program

Youth Basement

### 12 - 2:30 pm CANTINHO DA AMIZADE 55+ - Jul. 3 No Program

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

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

#### Julho 03 - No Programa

Julho 10 - Controle do Stress

Julho 17 - Cuidados com a visao

Julho 24 - Passeio ao Niagara Falls

Julho 31 - Visita Ana Bailão

### 1 - 2:30 pm DONNE INSIEME - July 3 - No Program

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

#### Luglio 03 - No Programma

Luglio 10 - Visita Ana Bailão

Luglio 17 - Tombola

Luglio 24 - Viaggio a Niagara Falls

Luglio 31 - Discussione con Maria

## ANNOUNCEMENTS

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



July 3rd - 6th - All Seniors' Programmes Cancelled



Tues. July 24 - Trip to Niagara Falls

## WEDNESDAY

### 10 am - 12 pm ART GROUP - July 4th - No Program

(in Perth Hall with Lumy Fuentes)

#### July 4 - No Program

July 11, 18, 25 - Canadian Fauna

### 12 - 1 pm SENIORS' SOUP SOCIAL July 4 No Program

(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 - July 4th - No Program

(Perth Hall)

Social recreational activities & health topics

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

#### July 04 - No Program

July 11 - Art and Craft with Lumy

July 18 - Presentation - Ana Bailão - Seniors TTC fare / new Ward boundaries

July 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

**Returns in September!**

### 3:30 - 5 pm - Happy Beaders - July 4 - No Program

(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 Clases de Exercicios atras desta pagina.

## THURSDAY

### 1:00 - 3 pm CLUB AMISTAD - Julio 5 - No Hay Programa

(En el primer piso - Perth Hall)

Actividades sociales, recreacionales y educativas

Para el programas de Español contacte Mariela Soto 416 656-8025 ext 263

#### Julio 5 - No Hay Programa

Julio 12 - Presentación - Ana Bailão - TTC descuento / Nuevo limites

Julio 19 - Jardineria en balcon y Mazetas con Carmen

Julio 26 - Cumpleaños en el Mandarin

### 4 - 5 pm BAILANDO FOREVER July 5 No Hay Programa

(En Perth Hall)

Práctica de danza folcklórica 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 July 6

(Perth Hall)

**Class is now full.**

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

## UPCOMING EVENTS:

Thursday August 16 - Trip to Wasaga Beach