

# SENIORS' FITNESS CLASSES – August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 <b><u>NO ZUMBA CLASS</u></b>	2 8:45 - 10am - WalkFit55+ @ Galleria Shopping Centre <b><u>NO CHAIR YOGA</u></b> 12:30 – 2:30- Ping Pong & Bocce55+ - Sanctuary <b><u>NO ZUMBA GOLD</u></b>
6 Simcoe Day Civic Holiday <b>NO CLASSES</b>	7 9 - 10 am Pole Walking 55+ @ Wadsworth Park <b><u>NO ZUMBA CLASS</u></b>	8 <b><u>NO ZUMBA CLASS</u></b>	9 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <b><u>NO CHAIR YOGA</u></b> 12:30 – 2:30- Ping Pong & Bocce55+ - Sanctuary <b><u>NO ZUMBA GOLD</u></b>
13 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre <b><u>NO DANCEFIT</u></b> 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	14 9 - 10 am Pole Walking 55+ @ Wadsworth Park 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	15 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	16 <b>TRIP TO WASAGA BEACH</b> <b><u>NO PROGRAM</u></b>
20 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	21 9 - 10 am Pole Walking 55+ at Wadsworth Park 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	22 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	23 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga - Sanctuary 12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary 3-3:45pm – Zumba Gold -Sanctuary
27 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	28 9 - 10 am Pole Walking 55+ @ Wadsworth Park 2:30 – 3:30pm Zumba Gold & Get Fit55+ Perth Hall	29 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	30 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga - Sanctuary 12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary 3-3:45pm – Zumba Gold - Sanctuary

**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

August 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 – Aug. 28 – no class

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

Youth Basement

**12 – 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

Agosto 07 - Apresentacao em como Planejar o seu Memorial

**Agosto 14 - Sabor das Raizes de Davenport**

Agosto 21 - Apresentacao em Consciencia Plena

Agosto 28 - Viagem to High Park

**1 – 2:30 pm DONNE INSIEME**

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Agosto 07 - Discussione con Maria

**Agosto 14 - “Sapori di Davenport”**

Agosto 21 - “Pianificazione Personale” con Dignity

**Agosto 28 - 10:30 - Viaggio a High Park**

## ANNOUNCEMENTS

Mon. Aug. 6 – Simcoe Day Holiday  DPNCHC Closed

Tues. Aug. 14 – “Tasting Davenport Routes” 1-3 pm - Backyard

Thurs. Aug. 16 - Trip to Wasaga Beach - 9am - 6pm \$25.50

**Deadline for “Taste of Portugal” fundraiser tickets - Tuesday August 28**

## WEDNESDAY

### 10 am – 12 pm ART GROUP

(in Perth Hall with Yara Galves and Lumy Fuentes)

August 1,8,15, 22 & 29 – Canadian Forest and Fauna - Mural

### 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

August 01 - Craft with Lumy

August 08 - “End of Life Care and Planning” with Dignity Memorial

August 15 - Decorating Cup Cakes with Joan Clark

August 22 - “Dental Care” with Public Health

August 29 - Birthdays and Bingo

### 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 Clases 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

Agosto 02 - Presentación-Ana Bailão –TTC descuento/Nuevos limites

**Agosto 09 - Ejercicio con Mantas- Historia de pueblos Indigenas**

**Agosto 16 - Paseo a la Playa de Wasaga 9 am -6 pm \$ 25.50**

Agosto 23 - Hablando de la Hispanidad con Lumy

Agosto 30 - 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 416 656-8025 ext 263

## FRIDAY

**1:00 - 3:00 Seniors' Sewing - No Program August 24**

(Perth Hall)

**Class is now full.**

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

## UPCOMING EVENTS:

**Tues., Sept. 4 – “Taste of Portugal” Fundraiser**

**Tuesday Sept. 18 – Trip to be announced**

**September 24 - September 28 - No Programmes**