

SENIORS' FITNESS CLASSES – September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>LABOR DAY</p> <p><u>NO CLASSES</u></p>	<p>4</p> <p>TASTE OF PORTUGAL FUNDRAISER PARTY</p> <p><u>NO CLASSES</u></p>	<p>5</p> <p>2:30 – 3:30pm Chair Zumba & Sit Fit55+ Perth Hall</p>	<p>6</p> <p>8:45 - 10am - WalkFit55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga - Sanctuary</p> <p>12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary</p> <p>3-3:45pm – Zumba Gold - Sanctuary</p>
<p>10</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>11</p> <p>9 - 10 am Pole Walking 55+ @ Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>12</p> <p>2:30 – 3:30pm Chair Zumba & Sit Fit55+ Perth Hall</p>	<p>13</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga - Sanctuary</p> <p>12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary</p> <p>3-3:45pm – Zumba Gold - Sanctuary</p>
<p>17</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>18</p> <p>9 - 10 am Pole Walking 55+ @ Wadsworth Park</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>19</p> <p>2:30 – 3:30pm Chair Zumba & Sit Fit55+ Perth Hall</p>	<p>20</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga - Sanctuary</p> <p>12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary</p> <p>3-3:45pm – Zumba Gold - Sanctuary</p>
<p>24</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>ADMINISTRATION WEEK</p> <p><u>NO CLASSES</u></p>	<p>25</p> <p>ADMINISTRATION WEEK</p> <p><u>NO CLASSES</u></p>	<p>26</p> <p>ADMINISTRATION WEEK</p> <p><u>NO CLASSES</u></p>	<p>27</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p><u>NOCLASSES</u></p> <p>VOLUNTEER RECOGNITION PARTY</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

September 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 – Sept. 4 – 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 – Sept. 4 – no class

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

Setembro 4 - Taste of Portugal Fundraiser

Setembro 11 - "Trazendo Poder para a Comunidade" – CUPW, et.al.

Setembro 18 - Viagem

Setembro 25 – Não haverá Programa

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Settembre 04 - Sapori del Portogallo (Raccolta Fondi)

Settembre 11 - Igiene Orale

Settembre 18 - Viaggio

Settembre 25 - No Programma

3:30-4:30 pm SENIORS CHOIR

Begins Sept. 11 in The Sanctuary with Doug Gallant

ANNOUNCEMENTS

Mon. Sept. 3 – Centre Closed – Labour Day

Tues. Sept. 4 – "Taste of Portugal" Fundraiser 

Sun. Sept. 9 – National Grandparents' Day 

Tues. Sept. 18 – Trip - to be announced

Fri. Sept. 21 – International Day of Peace 

Sat. Sept. 22 – Autumn Begins 

September 24 - September 28 - No Seniors' Programs
(except Walk Fit55+ and Cinema Italiano55+)

WEDNESDAY

10 am – 12 pm ART GROUP - No Program September 26

(in Perth Hall with Lumy Fuentes)

12 - 1 pm SENIORS' SOUP SOCIAL - No Program Sept. 26

(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 - No Program Sept. 26

(Perth Hall)

Social recreational activities & health topics

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

September 5 - "Delivering Community Power" – CUPW, et. al.

September 12 - Craft with Lumy

September 19 - Birthdays and Bingo

September 26 - No Program

1:30 – 4 p.m. CINEMA ITALIANO 55+

Film e Discussione alla Libreria di Dufferin e St. Clair

1625 Dufferin St.

In collaborazione con la Toronto Public Library

September 26

3:30 – 5 pm – Happy Beaders - No Program September 26

(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

Septiembre 6 - Planificacion Personal de Funerales

Septiembre 13 - Presentacion sobre Salud Dental

Septiembre 20 - Entregando empoderamiento a la Comunidad

Septiembre 27 - No Hay Programa

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) Septiembre 27 - No Hay Programa

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 September 28

(Perth Hall)

Class is now full.

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

UPCOMING EVENTS:

Mon. Oct. 8 - Centre Closed – Thanksgiving Holiday 

Wednesday. Oct. 31 - Halloween Party – 1 - 4:00pm 