

SENIORS' FITNESS CLASSES – October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 8:45 – 10am – WalkFit55+ <i>@ Galleria Shopping Centre</i> 11 – 12pm- DanceFit55+ <i>Sanctuary</i> 12:30 – 2:30 – Ping Pong55+ & Bocce - <i>Sanctuary</i>	2 9 - 10 am Pole Walking 55+ <i>@ Wadsworth Park</i> 2:30 – 3:30pm Zumba Gold & Get Fit55+ <i>Sanctuary</i>	3 2:30 – 3:30pm Chair Zumba& Sit Fit55+ <i>Perth Hall</i>	4 8:45 - 10am - WalkFit55+ <i>@ Galleria Shopping Centre</i> 11- 12pm – Chair Yoga <i>Sanctuary</i> 12:30 – 2:30- Ping Pong & Bocce 55+ - <i>Sanctuary</i> 3-3:45pm – Zumba Gold - <i>Sanctuary</i>
8 THANKSGIVING HOLIDAY <u>NO CLASSES</u>	9 9 - 10 am Pole Walking 55+ <i>@ Wadsworth Park</i> 2:30 – 3:30pm Zumba Gold & Get Fit55+ <i>Sanctuary</i>	10 2:30 – 3:30pm Chair Zumba& Sit Fit55+ <i>Perth Hall</i>	11 8:45-10am- WalkFit 55+ <i>@ Galleria Shopping Centre</i> 11- 12pm – Chair Yoga - <i>IN PERTH HALL</i> 12:30 – 2:30 - BOCCE <u>ONLY</u> – <i>IN PERTH HALL</i> 3 – 3:45 Zumba Gold <i>Sanctuary</i>
15 8:45 – 10am – WalkFit55+ <i>@ Galleria Shopping Centre</i> 11 – 12pm- DanceFit55+ <i>Sanctuary</i> 12:30 – 2:30 – Ping Pong55+ & Bocce - <i>Sanctuary</i>	16 9 - 10 am Pole Walking 55+ <i>@ Wadsworth Park</i> 2:30 – 3:30pm Zumba Gold & Get Fit55+ <i>Sanctuary</i>	17 APPLE PICKING TRIP <u>NO CLASSES</u>	18 8:45-10am- WalkFit 55+ <i>@ Galleria Shopping Centre</i> 11- 12pm – Chair Yoga - <i>Sanctuary</i> 12:30 – 2:30- Ping Pong & Bocce 55+ - <i>Sanctuary</i> 3-3:45pm – Zumba Gold - <i>Sanctuary</i>
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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

October 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

E info@dpnchc.ca

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Life happens here.™



EVENT LISTINGS

DPNCHC Seniors' Services



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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 - 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

Outubro 02 – Cuidados Dentários com Toronto Dental Public Health
Outubro 09 -Visita MP Julie Dzerowicz **na Perth Hall**
Outubro 16 – Gerenciando Emoções com Alezandra
Outubro 23 - Halloween Mascara com Lumy
Outubro 30 – Nutrição com Jedid

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Ottobre 02 – Sindicato Ufficio Postale
Ottobre 09 – Visita della MP Julie Dzerowicz
Ottobre 16 – Nutrizione con Jedid
Ottobre 23 - Discussione con Maria
Ottobre 30 – Maschera Di Carnevale con Lumy

3:30-4:30 pm SENIORS CHOIR


The Sanctuary with Doug Gallant

ANNOUNCEMENTS

Mon. Oct. 8 - Centre Closed – Thanksgiving Holiday 

Thurs. Oct. 11 – Celebrating Our Latinamerican Roots – 10 a.m. – 6:30 p.m. – The Sanctuary

Wed. Oct. 17 - Apple Picking Trip to Downey Farm \$14.00

10 a.m. - 6 p.m. 

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

WEDNESDAY

10 am – 12 pm ART GROUP - No programme Oct. 31

(in Perth Hall with Lumy Fuentes)

12 - 1 pm SENIORS' SOUP SOCIAL - No programme Oct. 31

(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

October 3 - Halloween Craft with Lumy

October 10 - Birthdays and Bingo

October 17 - Apple Picking Trip to Downey Farm (10 – 6; \$14)

October 24 - Diabetes Prevention with Sujatha

October 31 - Halloween Party in The Sanctuary

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

October 24

3:30 – 5 pm – Happy Beaders - No programme Oct. 31

(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.

For fitness classes information, contact Monica at 416-656-8025 ext 264



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

Oct. 04 - Arte, Cultura y Gastronomía Hispana con CNU - Lumy

Oct. 11- Celebración de Nuestras Raíces Latinoamericana 10 am – 6:30 pm

Oct. 18 - Arte Hispano Latinoamericano

Oct. 25 - 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 - 3:30 Seniors' Sewing

(Perth Hall)

Class is now full.

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



UPCOMING EVENTS:

No Seniors Program November 26 to November 30

(except for Walk Fit55+ & Film Italiano55+)

