

## SENIORS' FITNESS CLASSES – December/January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>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>4</p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>5</p> <p>2:30 – 3:30pm Chair Zumba&amp; 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 &amp; Bocce 55+ - Sanctuary</p> <p>3- 4pm – 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+ &amp; Bocce - Sanctuary</p>	<p>11</p> <p>Seniors' Christmas Market 10am – 2:30pm (Perth Hall &amp; Lobby )</p> <p>2:30 – 3:30pm Zumba Gold &amp; Get Fit55+ Sanctuary</p>	<p>12</p> <p>2:30 – 3:30pm Chair Zumba&amp; Sit Fit55+ Perth Hall</p>	<p>13</p> <p><b>HOLIDAY PARTY</b></p> <p><b>NO CLASSES</b></p>

**ALL FITNESS CLASSES WILL RESUME JANUARY 7, 2019**

Classes are for women and men 55+ years -  
- Galleria Shopping Centre: 1245 Dupont St. @ Dufferin – WalkFit 55+

## DPNCHC SENIORS' SERVICES

December 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

T 416 656 8025

F 416 656 1264

1900 Davenport Road

Toronto, ON M6N 1B7

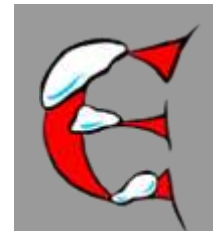
www.dpnchc.ca

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# EVENT LISTINGS

DPNCHC Seniors' Services



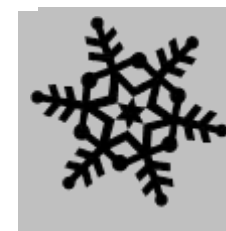
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JANUARY

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## TUESDAY

### SENIORS' CONVERSATIONAL ESL

**Dec. 11, 18, 25, or Jan. 1 – No Program**

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

**10:30 am - 12 noon – Basic**

**11:30 am – 12:30 – Intermediate**

**12 - 12:30 pm LAUGHING YOGA** with Andres

Youth Basement **Dec. 11, 18, 25, or Jan. 1 – No Program**

**12:30 – 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

Dezembro 4 – “Relações Saudáveis” com Monica  
Dezembro 11 - **Christmas Market 10 am - 2:30 pm**  
Dezembro 18 - Almoço de Confraternização Natalino  
Dezembro 25, Jan 4 - **Não haverá Programas**  
Janeiro 8 – “Bem Vindos”- com Cristina

**1 – 2:30 pm DONNE INSIEME**

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Dicembre 4 - Pranzo Natale  
Dicembre 11 - **Christmas Market 10 am - 2:30 pm**  
Dicembre 18 & 25, Jan 1 - **No programma**  
Gennaio 8 – “Bentornate” con Maria

**3:30 - 4:30 pm SENIORS CHOIR** **Dec. 18, 25, or Jan. 1 No Program**

(in The Sanctuary with Doug Gallant)

*Back again January 8!*

## ANNOUNCEMENTS

**Tues. Dec. 11 - Christmas Market 10 am - 2:30 pm**

**Thursday, Dec. 13 -  Seniors Christmas Party 1- 3:30pm**

**No Seniors Programming December 14 thru January 6**



*From all of us to all of you – Happy  
Holidays & a Healthy and Fruitful New Year!*

## WEDNESDAY

**10 am – 12 pm ART GROUP** - Holiday Scenery  
(in Perth Hall with Lumy Fuentes) **No Program Dec 19, 26 & Jan 2**  
*Back Again January 9!*

**12 - 1 pm SENIORS' SOUP SOCIAL**  
(Perth Hall) **No Program Dec 19, 26 & Jan 2**  
Bring your own lunch and have a cup of soup with us!  
**Soup is served only between 12 & 12:30**  
*Back again Jan. 9!*

**1 – 2 pm SENIORS' WELLNESS GROUP**  
(Perth Hall)  
Social recreational activities & health topics  
For more information call **Mariela Soto 416 656-8025 ext 263**

December 5 - Christmas Decoration with Lumy  
December 12 - Christmas Decoration with Lumy  
**December 19, 26, & Jan 2 – No Program**  
*January 9 – “Welcome Back” with Maria*

**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  
**December 12**

**3:30 – 5 pm – Happy Beaders**  
(Garden Room) **No Program Dec 19, 26, & Jan 2 & 9**  
**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

Diciembre 6 - Convivencia de Navidad y Cumpleaños  
Diciembre 13 - **Fiesta de Navidad – en el Segundo Piso Sanctuario**  
Diciembre 20, 27 y Enero 3, & 10 - **No Hay Programa**  
Enero 17 – **“Bienvenidos” con Mariela**

**4 – 5 pm BAILANDO FOREVER**  
(En Perth Hall) **Dec 20, 27 y Enero 3 & 10 - 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 - 3:30 Seniors' Sewing**  
(Perth Hall) **No Program Dec 21, 28 & Jan 4, 11**  
**Class is now full.**  
For Waiting List, contact Mariela at 416 656-8025 ext 263  
Back again January 18

## UPCOMING EVENTS:

**Programmes begin again January 7, 2019**

