

SENIORS' FITNESS CLASSES – November

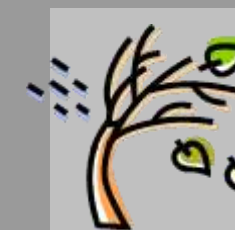
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 8:45 - 10am - WalkFit55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga - Sanctuary 12:30 – 2:30- Ping Pong & Bocce 55+ - Sanctuary 3-3:45pm – Zumba Gold - Sanctuary
5 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	7 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	8 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	9 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga Sanctuary 12:30 – 2:30 –Ping Pong & Bocce- Sanctuary 3 – 3:45 Zumba Gold Sanctuary
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26 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre ADMINISTRATION WEEK <u>NO CLASSES</u>	27 ADMINISTRATION WEEK <u>NO CLASSES</u>	28 ADMINISTRATION WEEK <u>NO CLASSES</u>	29 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre ADMINISTRATION WEEK <u>NO CLASSES</u>

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

DPNCHC SENIORS' SERVICES

November 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



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EVENT LISTINGS

DPNCHC Seniors' Services



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TUESDAY

SENIORS' CONVERSATIONAL ESL Nov 27 – 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 Nov 27 – No Program

Youth Basement

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

Novembro 6 - Como proteger sua casa no inverno com Enbridge

Novembro 13 - Mantendo a saúde do rim e da bexiga aluna enfermagem Laura

Novembro 20 - Orçamentação com Wanda

Novembro 27 - Não haverá Programas

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Novembre 6 - Mantenere sani i reni e la vescica con Laura

Novembre 13 - Enbridge Programmi invernali gratuiti

Novembre 20 - Discussione con Maria

Novembre 27 - No programma

3:30-4:30 pm SENIORS CHOIR Nov 27 – No Program

(in The Sanctuary with Doug Gallant)

ANNOUNCEMENTS



Sun. Nov 4 – Clocks Turn Back one hour!



Wed. Nov. 7 – Diwali



Thurs. Nov. 11 – Remembrance Day

No Seniors Program November 26 to November 30

(except for Walk Fit55+ & Cinema Italiano 55+)

WEDNESDAY

10 am – 12 pm ART GROUP - Holiday Scenery

(in Perth Hall with Lumy Fuentes) **No Program Nov 7 & 28**

12 - 1 pm SENIORS' SOUP SOCIAL

(Perth Hall) **No Program Nov 7 & 28**

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

Nov 7 - Enbridge Free Home Winter-proofing

Nov 14 - Keeping Kidney & Bladder Healthy with nursing student Laura

Nov 21 – Healthy Eating with Fouzia & Sujatha

Nov 28 – 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

November 28

3:30 – 5 pm – Happy Beaders

(Garden Room) **No Program Nov 28**

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 Ejercicios 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

Nov 01 - Salud Mental con Madinson House

Nov 08 - Programas gratis de Enbridge

Nov 15 - Armonia Familiar con Caro de Family Service

Nov 22 - Plantas de Invierno con Alfredo Correa

Nov 29 - No Hay Programa

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **Nov 29 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 Nov 30**

Class is now full.

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



UPCOMING EVENTS:

Thurs. Dec. 13 - Seniors Christmas Party 1:00 - 4:30 pm

(No Seniors Program December 14 to January 6)

