

SENIORS' FITNESS CLASSES – January 2019

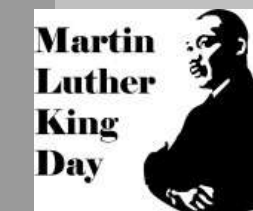
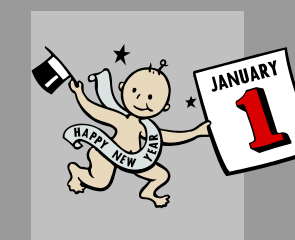
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 8:45 – 10am – WalkFit55+ <i>@ Galleria Shopping Centre</i> 11 – 12pm- DanceFit55+ <i>Sanctuary</i> 12:30 – 2:30 – Ping Pong55+ & Bocce - <i>Sanctuary</i>	8 2:30 – 3:30pm Zumba Gold & Get Fit55+ <i>Sanctuary</i>	9 2:30 – 3:30pm Chair Zumba& Sit Fit55+ <i>Perth Hall</i>	10 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- 4pm – 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+

DPNCHC SENIORS' SERVICES

January 2019

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



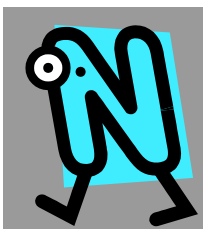
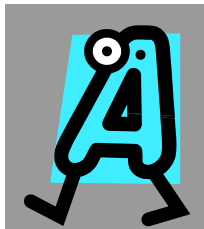
Neighbourhood and Community Health Centre
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 F 416 656 1264 www.dpnchc.ca

Life happens here.™



EVENT LISTINGS

DPNCHC Seniors' Services

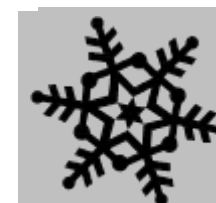


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MONDAY

10 - Noon – Seniors' Computer & Technology Classes
(in Garden Room with volunteer Suzanna)
For Waiting List, call Mariela 416 656-8025 ext 263

2 – 3 – French Class
(in Florrie's Room with Karie)

TUESDAY

SENIORS' CONVERSATIONAL ESL

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

12:30 – 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

Janeiro 8 - Welcome Back

Janeiro 15 - TBA

Janeiro 22 - Presentation on Alzheimer's - Madison Community Services

Janeiro 29 - TBA

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Gennaio 08 - Welcome Back

Gennaio 15 - Presentation on Alzheimer's - Madison Community Services

Gennaio 22 - TBA

Gennaio 29 - TBA

3:30-4:30 pm SENIORS CHOIR Jan. 1 - No Program

(in The Sanctuary with Doug Gallant)

ANNOUNCEMENTS

Happy New Year from all of us in Seniors' Services!

Welcome back!

Programmes begin again on **January 7, 2019!**

WEDNESDAY

10 am – 12 pm ART GROUP – Winter Scenery
(in Perth Hall with Lumy Fuentes)

12 - 1 pm SENIORS' SOUP SOCIAL

(Perth Hall) **No Program Jan 2**

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) **No Program Jan 2**

Social recreational activities & health topics

For more information call Mariela 416 656-8025 ext 263

January 09 - Welcome Back

January 16 – Alzheimer's presentation – Madison Community Services

January 23 - Craft with Lumy

January 30 - Birthdays and Bingo

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

Jan. 30

Happy Beaders

New programme – “Prayer Beads from Around the World”

Begins February 6, 2019 with limited enrollment

Waiting List opens Jan. 23; 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

Enero 3 & 10 - No Hay Programa

Enero 17 - Bienvenidos

Enero 24 – “Salud Mental” con Horacio de Latinas en Toronto

Enero 31 – “Alzheimer's” con Claudia de Madison Community Service

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **Enero 3 y 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 Jan 3 & 10**

Class is now full.

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

UPCOMING EVENTS:

Mon. February 11 – “Family Day” Holiday
Centre Closed

Thursday, February 14 – Valentine's Day Party

1 – 3:30 in the Sanctuary



DPNCHC celebrates Black History Month in February