

# SENIORS' FITNESS CLASSES – February 2019

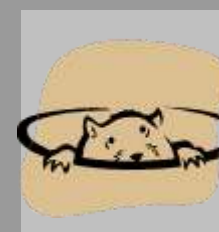
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>8:45 – 10am – WalkFit55+</b> @ Galleria Shopping Centre  <b>11 – 12pm- DanceFit55+</b> Sanctuary  <b>12:30 – 2:30 – Ping Pong55+ &amp; Bocce</b> - Sanctuary	<b>2:30 – 3:30pm</b> <b>Zumba Gold &amp; Get Fit55+</b> Sanctuary	<b>2:30 – 3:30pm</b> <b>Chair Zumba&amp; Sit Fit55+</b> Perth Hall	1 <b>8:45 - 10am - WalkFit55+</b> @ Galleria Shopping Centre  <b>11- 12pm – Chair Yoga</b> Sanctuary  <b>12:30 – 2:30- Ping Pong &amp; Bocce 55+</b> - Sanctuary  <b>3- 4pm – Zumba Gold</b> - Sanctuary
4 <b>8:45 – 10am – WalkFit55+</b> @ Galleria Shopping Centre  <b>11 – 12pm- DanceFit55+</b> Sanctuary  <b>12:30 – 2:30 – Ping Pong55+ &amp; Bocce</b> - Sanctuary	5 <b>2:30 – 3:30pm</b> <b>Zumba Gold &amp; Get Fit55+</b> Sanctuary	6 <b>2:30 – 3:30pm</b> <b>Chair Zumba&amp; Sit Fit55+</b> Perth Hall	7 <b>8:45-10am- WalkFit 55+</b> @ Galleria Shopping Centre  <b>11- 12pm – Chair Yoga</b> Sanctuary  <b>12:30 – 2:30 –Ping Pong &amp; Bocce-</b> Sanctuary  <b>3 – 4pm Zumba Gold</b> Sanctuary
11 <b>8:45 – 10am – WalkFit55+</b> @ Galleria Shopping Centre  <b>11 – 12pm- DanceFit55+</b> Sanctuary  <b>12:30 – 2:30 – Ping Pong55+ &amp; Bocce</b> - Sanctuary	12 <b>2:30 – 3:30pm</b> <b>Zumba Gold &amp; Get Fit55+</b> Sanctuary	13 <b>2:30 – 3:30pm</b> <b>Chair Zumba&amp; Sit Fit55+</b> Perth Hall	14 <b>8:45-10am- WalkFit 55+</b> @ Galleria Shopping Centre  VALENTINES' DAY PARTY  <u><b>NO CLASSES</b></u>
18 <b>8:45 – 10am – WalkFit55+</b> @ Galleria Shopping Centre  <b>11 – 12pm- DanceFit55+</b> Sanctuary  <b>12:30 – 2:30 – Ping Pong55+ &amp; Bocce</b> - Sanctuary	19 <b>2:30 – 3:30pm</b> <b>Zumba Gold &amp; Get Fit55+</b> Sanctuary	20 <b>2:30 – 3:30pm</b> <b>Chair Zumba&amp; Sit Fit55+</b> Perth Hall	21 <b>8:45-10am- WalkFit 55+</b> @ Galleria Shopping Centre  <b>12:30 – 2:30 –Ping Pong &amp; Bocce-</b> Sanctuary  <u><b>NO CHAIR YOGA</b></u> <u><b>NO ZUMBA GOLD</b></u>
25 <b>8:45 – 10am – WalkFit55+</b> @ Galleria Shopping Centre  <u><b>NO CLASSES</b></u>  <u><b>ADMINISTRATION WEEK</b></u>	26 <u><b>NO CLASSES</b></u>	27 <u><b>NO CLASSES</b></u>	28 <b>8:45-10am- WalkFit 55+</b> @ Galleria Shopping Centre  <u><b>NO CLASSES</b></u>

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

## DPNCHC SENIORS' SERVICES

February 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



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# EVENT LISTINGS

DPNCHC Seniors' Services



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## MONDAY

**10:30 - Noon – Seniors' Computer & Technology Classes**  
(in Florrie Room with volunteer Suzanna) **Class is now full**  
**For Waiting List, call Mariela 416 656-8025 ext 263 No Program Feb 18 & 25**

**12:30 – 3:00– French Class- No Program Feb 18 & 25**  
(in Florrie Room with volunteer Karie)

## TUESDAY

### SENIORS' CONVERSATIONAL ESL

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

**10:30 am - 12:30 February 26 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**

February 5 - Apresentação sobre plantas with Alfredo Correa  
February 12 - Valentine Artesanato com Lumy  
February 19 - TBA  
**February 26 – No Programa**

**1 – 2:30 pm DONNE INSIEME**  
(En Perth Hall per Donne Italiane 55+)  
**Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246**

February 5 - Valentine craft  
February 12 - Pianta Medicinale con Alfredo Correa  
February 19 - Discussione con Maria  
**February 26 - No Programma**

**3:30-4:30 pm SENIORS CHOIR**  
(in The Sanctuary with Doug Gallant)

**Thurs. Feb. 14 – Valentine's Day Party**  
**1 – 3:30 in the Sanctuary**

**Mon. Feb. 18 – "Family Day" Holiday - Centre Closed**

**Thurs. Feb. 28 - Black History Month Celebration 5-8**

## WEDNESDAY

**10 am – 12 pm ART GROUP – Black History**  
(in Perth Hall with Lumy Fuentes) **February 27 – No Program**

**12 - 1 pm SENIORS' SOUP SOCIAL**  
(Perth Hall) **February 27 – No Program**  
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**

February 6 - Bingo  
February 13 - Valentine Craft with Lumy  
February 20 – Medicinal Plants with Alfredo Correa  
**February 27 – No Program**

**1:30 – 4 p.m. CINEMA ITALIANO 55+ February 27**  
*Film e Discussione alla Libreria di Dufferin e St. Clair*  
1625 Dufferin St.  
In collaborazione con la Toronto Public Library

**3:30 – 5 pm – Embroidery- February 27 – No Program**  
(in Garden Room with Nora Condori and Veronica Jackson)

**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**

Febrero 7 - Alimentación y Salud con Horacio Tejera  
**Febrero 14 - Fiesta de la Amistad / Valentine 1-3:30**  
Febrero 21 – Plantas Medicinales con Alfredo Correa - Cumpleaños  
**Febrero 28 - No Hay Programa**

**4 – 5 pm BAILANDO FOREVER**  
(En Perth Hall) **Febrero 28 - 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)  
**Class is now full March 1 – No Program**  
**For Waiting List, contact Mariela at 416 656-8025 ext 263**

## UPCOMING EVENTS:

**Thurs. Mar. 7– International Women Day Celebration**



**Wed. Mar. 13 – Elder Abuse, Fraud Prevention & Self Defence**