

SENIORS' FITNESS CLASSES – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>5</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>6</p> <p><u>NO ZUMBA CLASS</u></p> <p>KAIROS BLANKET EXERCISE 11:45am – 3:30pm</p>	<p>7</p> <p>8:45 - 10am - WalkFit55+ @ Galleria Shopping Centre</p> <p>WOMEN'S DAY CELEBRATION PARTY</p> <p><u>NO CLASSES</u></p>
<p>11</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>12</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>13</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>14</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga Sanctuary</p> <p>12:30 – 2:30 –Ping Pong & Bocce- Sanctuary</p> <p>3 – 4pm Zumba Gold Sanctuary</p>
<p>18</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>19</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Perth Hall</p>	<p>20</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Sanctuary</p>	<p>21</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga Sanctuary</p> <p>12:30 – 2:30 –Ping Pong & Bocce- Sanctuary</p> <p>3 – 4pm Zumba Gold Sanctuary</p>
<p>25</p> <p>8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre</p> <p>11 – 12pm- DanceFit55+ Sanctuary</p> <p>12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary</p>	<p>26</p> <p>2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary</p>	<p>27</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>28</p> <p>8:45-10am- WalkFit 55+ @ Galleria Shopping Centre</p> <p>11- 12pm – Chair Yoga Sanctuary</p> <p>12:30 – 2:30 –Ping Pong & Bocce- Sanctuary</p> <p>3 – 4pm Zumba Gold Sanctuary</p>

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

DPNCHC SENIORS' SERVICES

March 2019

For Adults 55+



International
Women's Day



Spring
Has
Sprung!



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

Life happens here.™



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

12:30 – 3:00– French Class

(in Florrie Room with volunteer Karie)

TUESDAY

SENIORS' CONVERSATIONAL ESL

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

10:30 am – 12:30 pm

(Class cancelled March 26)

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

March 5 – Discussão com Cristina

March 12 - Mulheres Portuguesas em Toronto –Berta Araujo

March 19 - Shingles: Herpes Zoster con Katherine (Nursing Student)

Mar. 26 - Abuso contra idosos, Prevenção e defesa pessoal 10-4

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

March 5 - Discussione con Maria

March 12 - Arte con Lumy

March 19 - Prevenzione Abuso e Difesa Personale Degli Anziani 10-4

March 26 - Fuoco Di S' Antonio con Student Nurse - Katerine

3:30-4:30 pm SENIORS CHOIR

(in The Sanctuary with Doug Gallant)

ANNOUNCEMENTS

Wed. Mar. 6 - Kairos Blanket Exercise 11:45 – 3:30 pm

Mar. 7- 1 - 3:30 International Women Day Celebration

**Wed. Mar. 13 - Elder Abuse, Prevention & Self Defence
10 - 4**

WEDNESDAY

10 am – 12 pm ART GROUP

(in Perth Hall with Lumy Fuentes) **March 6 & 13 No Program**

12 - 1 pm SENIORS' SOUP SOCIAL

(Perth Hall)

Bring your own lunch and have a cup of soup with us!

Soup is served only between 12 & 12:30 March 6 & 13 No Program

1 – 2 pm SENIORS' WELLNESS GROUP

(Perth Hall)

Social recreational activities & health topics

For more information call Mariela Soto 416 656-8025 ext 263

March 6 - Kairos Blanket Exercise 11:45 am – 3:30 pm

March 13 - Elder Abuse, Prevention & Self-Defense 10:00 am - 4 pm

March 20 - Presentation on Shingles with Student -Nurse Katherine

March 27 - Art and Craft with Lumy & Birthdays

1:30 – 4 p.m. CINEMA ITALIANO 55+ March 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 – Seniors' Sewing, Knitting & Embroidery

in Sanctuary – Group is full!

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

No Program March 6 & 13

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

Marzo 7- Celebración Dia de la Mujer 1- 3:30 pm

Marzo 14 -Tipos de tierra del jardin con Alfredo Correa

Marzo 21 - Prevención Abuso al Anciano y Auto Defensa 10 - 4 pm

Marzo 28 – Alimentacion y Salud con Horacio Tejera y 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

UPCOMING EVENTS:

Wed. April 17 – 10 am – 2:30 pm Egg-stravaganza Day



Centre Closed April 19 - 22 for Easter Holidays

