

# SENIORS' FITNESS CLASSES – April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	<b>2</b> 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	<b>3</b> 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	<b>4</b> 8:45 - 10am - WalkFit55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga Sanctuary <u><b>NO PING PONG</b></u> 3 – 4pm <b>CANCELLED</b>
<b>8</b> 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	<b>9</b> 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	<b>10</b> 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	<b>11</b> 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga Sanctuary 12:30 – 2:30 –Ping Pong & Bocce- Sanctuary 3 – 4pm <b>Zumba Gold</b> Sanctuary
<b>15</b> 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	<b>16</b> 2:30 – 3:30pm Zumba Gold & Get Fit55+ Perth Hall	<b>17</b> 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Sanctuary	<b>18</b> 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre <u><b>NO CHAIR YOGA</b></u> 12:30 – 2:30 –Ping Pong & Bocce- Sanctuary <u><b>NO ZUMBA GOLD</b></u>
<b>22</b> <b>EASTER MONDAY</b>  <u><b>NO CLASSES</b></u>	<b>23</b> 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary	<b>24</b> 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall	<b>25</b> 8:45-10am- WalkFit 55+ @ Galleria Shopping Centre 11- 12pm – Chair Yoga Sanctuary 12:30 – 2:30 –Ping Pong & Bocce- Sanctuary 3 – 4pm <b>Zumba Gold</b> Sanctuary
<b>29</b> 8:45 – 10am – WalkFit55+ @ Galleria Shopping Centre 11 – 12pm- DanceFit55+ Sanctuary 12:30 – 2:30 – Ping Pong55+ & Bocce - Sanctuary	<b>30</b> 2:30 – 3:30pm Zumba Gold & Get Fit55+ Sanctuary		

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

## DPNCHC SENIORS' SERVICES

**APRIL 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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 F 416 656 1264 www.dpnchc.ca

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# EVENT LISTINGS

DPNCHC Seniors' Services



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## MONDAY

**10:30 - Noon – Seniors' Computer & Technology Classes**  
(in garden room Room with volunteer Suzanna)  
**Class is now full.**  
For Waiting List, call Mariela 416 656-8025 ext 263

## TUESDAY

### SENIORS' CONVERSATIONAL ESL

Learn English through *informal conversation* in Florrie's Room & Youth Basement with Bernard Puente  
**10:30 am – 12:30 pm**

**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

Abril 2 - Urbanismo em Davenport com Cristina  
**Abril 9 - Trip to the ROM**  
Abril 16 - Artesanato de Páscoa com Lumy  
Abril 23 - Educação em Saúde com Gabrielle Langlois  
Abril 30 - Conversando 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

Aprile 02 - TBA  
**Aprile 09 - Trip to the ROM**  
Aprile 16 - Discussione con Maria  
Aprile 23 - Arte com Lumy  
Aprile 30 - TBA

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

## ANNOUNCEMENTS

**Tues. Apr. 9 - Trip to the Royal Ontario Museum**  
**Wed. Apr. 17 – 10 am – 2:30 pm Egg-stravaganza Day**  
**Centre Closed April 19 - 22 for Easter Holidays**



## WEDNESDAY

**10 am – 12 pm ART GROUP**  
(in Perth Hall with Lumy Fuentes) Spring Scenes  
**Wed. April 17 – 10 am – 2:30 pm Egg-stravaganza Day**

**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**

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

April 03 - Bingo  
April 10 - Crafts with Lumy  
**April 17 - Egg-stravaganza Day 10:0 am – 2:30 pm**  
April 24 - Women Abuse Prevention with Lourde Fuentes

**1:30 – 4 p.m. CINEMA ITALIANO 55+ April 24**  
*Film e Discussione alla Libreria di Dufferin e St. Clair*  
1625 Dufferin St.  
In collaborazione con a Toronto Public Library

**3:30 – 5 pm – Seniors' Sewing, Knitting & Embroidery**  
in Sanctuary – **Group 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

Abril 4 - Presentación sobre Inmigración con Leon Liberman  
Abril 11 - Primavera- Preparación de Tierra & Semillas - Alfredo Correa  
Abril 18 - La Memoria como Antídoto contra la Soledad- Horacio Tejera  
Abril 25 – Prevención de Abuso Contra la Mujer – Lourdes Fuentes


**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. May 1 – Beltane  & International Workers' Day**

**Sun. May 5 – Ramadan **

**Tues. May 7 – Polewalking 55+ begins **

**Sun. May 12 – Mother's Day **

**Mon. May 20 – Victoria Day Holiday –  Centre Closed**

**Tues. May 21 – 24 – All Seniors Programmes cancelled except Walk Fit55+**