

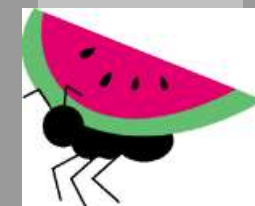
# SENIORS' FITNESS CLASSES – JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 <b>CANADA DAY</b>  <b><u>NO FITNESS</u></b>	2 9:30 – 10:30am <b><u>POLE WALKING</u></b> @ Wadsworth Park  2:30 – 3:30pm <b><u>Zumba Gold &amp; Get Fit55+</u></b> Sanctuary	3  2:30 – 3:30pm <b>Chair Zumba&amp; Sit Fit55+</b> Sanctuary	4 8:45 - 10am - <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11- 12pm – <b><u>Chair Yoga</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong</u></b> & <b><u>Bocce-</u></b> Sanctuary  3-4pm - <b><u>Zumba Toning</u></b>
8 8:45 – 10am – <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11 – 12pm- <b><u>DanceFit55+</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong55+</u></b> & <b><u>Bocce</u></b> - Sanctuary	9 9:30 – 10:30am <b><u>POLE WALKING</u></b> @ Wadsworth Park  2:30 – 3:30pm <b><u>Zumba Gold &amp; Get Fit55+</u></b> Sanctuary	10  2:30 – 3:30pm <b>Chair Zumba&amp; Sit Fit55+</b> Sanctuary	11 8:45 - 10am - <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11- 12pm – <b><u>Chair Yoga</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong</u></b> & <b><u>Bocce-</u></b> Sanctuary  3-4pm - <b><u>Zumba Toning</u></b>
15 8:45 – 10am – <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11 – 12pm- <b><u>DanceFit55+</u></b> Sanctuary  12:30 - 2:30 - <b><u>Ping Pong55+</u></b> & <b><u>Bocce</u></b> - Sanctuary	16 9:30 – 10:30am <b><u>POLE WALKING</u></b> @ Wadsworth Park  2:30 – 3:30pm <b><u>Zumba Gold &amp; Get Fit55+</u></b> Perth Hall	17  2:30 – 3:30pm <b>Chair Zumba&amp; Sit Fit55+</b> Sanctuary	18 8:45-10am- <b><u>WalkFit 55+</u></b> @ Galleria Shopping Centre  11- 12pm – <b><u>Chair Yoga</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong</u></b> & <b><u>Bocce-</u></b> Sanctuary  3-4pm – <b><u>Zumba Toning</u></b>
22 8:45 – 10am – <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11 – 12pm- <b><u>DanceFit55+</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong55+</u></b> & <b><u>Bocce</u></b> - Sanctuary	23 9:30 – 10:30am <b><u>POLE WALKING</u></b> @ Wadsworth Park  2:30 – 3:30pm <b><u>Zumba Gold &amp; Get Fit55+</u></b> Perth Hall	24  2:30 – 3:30pm <b>Chair Zumba&amp; Sit Fit55+</b> Sanctuary	25 <b>TRIP TO ST. JACOB'S MARKET</b>  <b><u>NO FITNESS</u></b>
29 8:45 – 10am – <b><u>WalkFit55+</u></b> @ Galleria Shopping Centre  11 – 12pm- <b><u>DanceFit55+</u></b> Sanctuary  12:30 – 2:30 – <b><u>Ping Pong55+</u></b> & <b><u>Bocce</u></b> - Sanctuary	30 9:30 – 10:30am <b><u>POLE WALKING</u></b> @ Wadsworth Park  2:30 – 3:30pm <b><u>Zumba Gold &amp; Get Fit55+</u></b> Perth Hall	31  2:30 – 3:30pm <b>Chair Zumba&amp; Sit Fit55+</b> Sanctuary	

## DPNCHC SENIORS' SERVICES

July 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**



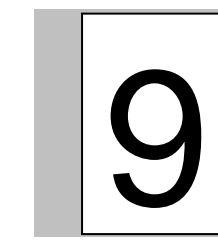
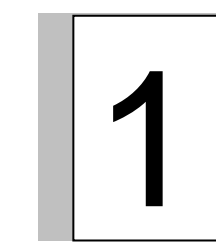
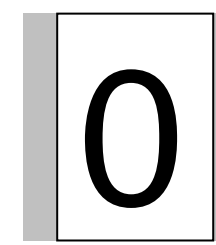
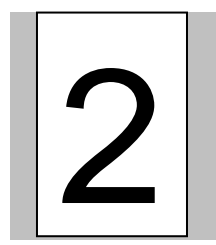
Neighbourhood and Community Health Centre  
E info@dpnchc.ca 1900 Davenport Road  
T 416 656 8025 Toronto, ON M6N 1B7  
F 416 656 1264 www.dpnchc.ca

Life happens here.™



# EVENT LISTINGS

DPNCHC Seniors' Services



## 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

Julho 2 - TBA  
Julho 9 - TBA  
Julho 16 - Engajamento cívico.com Gabrielle  
Julho 23 -TBA  
Julho 30 - Canada Food Guide apresentação com Jedid

### 1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)  
Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

Luglio 2 - Creta conLumy  
Luglio 9 - Nutrizione con Jedid  
Luglio 16 -Storia Di Elvis Presley  
Luglio 23- Salute, Mente e Corpo- Kinesiologo  
Luglio 30 -Gita a High Park

## ANNOUNCEMENTS

**Mon. July 1 – Canada Day; DPNCHC Closed**

**Thursday July 25 - Trip to St Jacob Market**

## WEDNESDAY

**10 am – 12 pm ART GROUP -**  
(in Perth Hall with Lumy Fuentes) Summer Scenes

**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**

July 3 - Healthy Mind, Healthy Body with Kinesiologist Andres Palomino  
July 10 - Aromatherapy with Ana  
July 17 - Art and Craft with Lumy  
July 24 - Bingo and Birthdays  
July 31 – Healthy Eating with Dietician - Jedid

### 1:30 – 4 p.m. CINEMA ITALIANO 55+ July31

*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, 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

Julio 4 - Mente Sana Cuerpo Sano con Kinesiologo Andres Palomino  
Julio 11 - Presentación de Nutrición con Dietista -Jedid  
Julio 18 - Cumpleaños y Bingo  
**Julio 25 – Paseo a San Jacob Market**

### 4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **No Hay Program Julio 25**  
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:

**Thursday August 15- Trip to Wasaga Beach**

**August 5 – 9 - All Seniors Programmes cancelled except Walk Fit55+**