

SENIORS' FITNESS CLASSES – JUNE 2019

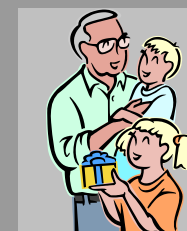
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>8:45 – 10am – <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11 – 12pm- <u>DanceFit55+</u> Sanctuary</p> <p>12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary</p>	<p>4</p> <p>9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park</p> <p>2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary</p>	<p>5</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>6</p> <p>8:45 - 10am - <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11- 12pm – <u>Chair Yoga</u> Sanctuary</p> <p>NO PING PONG</p> <p>NO ZUMBA GOLD</p>
<p>10</p> <p>8:45 – 10am – <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11 – 12pm- <u>DanceFit55+</u> Sanctuary</p> <p>12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary</p>	<p>11</p> <p><u>SENIORS PICNIC</u></p> <p>NO FITNESS</p>	<p>12</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>13</p> <p>8:45 - 10am - <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11- 12pm – <u>Chair Yoga</u> Sanctuary</p> <p>12:30 – 2:30 – <u>Ping Pong</u> & <u>Bocce</u>- Sanctuary</p> <p>3-4pm - <u>Zumba Gold</u> <u>Toning</u> - Sanctuary</p>
<p>17</p> <p>8:45 – 10am – <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11 – 12pm- <u>DanceFit55+</u> Sanctuary</p> <p>12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary</p>	<p>18</p> <p>9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park</p> <p>2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Perth Hall</p>	<p>19</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>20</p> <p>8:45-10am- <u>WalkFit 55+</u> @ Galleria Shopping Centre</p> <p>AGM</p> <p>NO FITNESS</p>
<p>24</p> <p>8:45 – 10am – <u>WalkFit55+</u> @ Galleria Shopping Centre</p> <p>11 – 12pm- <u>DanceFit55+</u> Sanctuary</p> <p>12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary</p>	<p>25</p> <p>9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park</p> <p>2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Perth Hall</p>	<p>26</p> <p>2:30 – 3:30pm Chair Zumba& Sit Fit55+ Perth Hall</p>	<p>27</p> <p>8:45-10am- <u>WalkFit 55+</u> @ Galleria Shopping Centre</p> <p>CANADA DAY CELEBRATION PARTY</p> <p>NO FITNESS</p>

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

DPNCHC SENIORS' SERVICES

June 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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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

June 4 - Constelação Familiar com Sandra Almeida
June 11 - Seniors' Picnic
June 18 - Celebração do mes de Portugal
June 25 -

1 – 2:30 pm DONNE INSIEME

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

June 4 - Celebrazione Cultura Italiana
June 11 - **Seniors' Picnic**
June 18 - Dolori Cronici con la fisioterapista Sara
June 25 - Cantiamo in Allegria

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

ANNOUNCEMENTS

Tuesday June 11 - Seniors' Picnic 1- 4



Thursday June 20 - DPNCHC Annual General Meeting 5:00-8:30
Friday, June 21 – National Aboriginal Day
Thursday June 27 Canada Day Celebration 1- 4 pm.

WEDNESDAY

10 am – 12 pm ART GROUP - No Program June 5
(in Perth Hall with Lumy Fuentes) Spring Scenes

12 - 1 pm SENIORS' SOUP SOCIAL
(Perth Hall) - **No program June 5**
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

June 5 - Movie
June 12 - Chronic Pain with Physiotherapist Sara
June 19 - Craft with Lumy
June 26 - Bingo and Birthdays

1:30 – 4 p.m. CINEMA ITALIANO 55+ June 26

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! No Program June 5**
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

Junio 6 - Aromaterapia con Ana Chavez
Junio 13 - Dolor Cronico con nuestra Fisioterapista Sara
Junio 20 - Reunión Anual del Centro 5:00- 8:30 pm
Junio 27 - Celebración de Día de Canada

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **No Hay Program June 20**
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:

Tuesday July 23 - Trip to St Jacob Market

Mon. July 1 – Canada Day; DPNCHC Closed