

# SENIORS' FITNESS CLASSES – AUGUST 2019

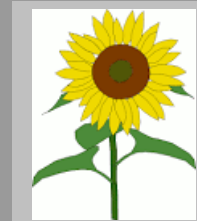
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9 - 10am - <u>WalkFit55+</u> @ Wadsworth Park 11- 12pm - <u>Chair Yoga</u> Sanctuary 12:30 – 2:30 – <u>Ping Pong</u> & <u>Bocce</u> - Sanctuary 3-4pm - <u>Zumba Toning</u>
5 <b>CIVIC HOLIDAY</b>  <b><u>NO FITNESS</u></b>	6 9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park  <b><u>NO ZUMBA</u></b>	7  <b><u>NO CHAIR ZUMBA</u></b>	8 9 - 10am - <u>WalkFit55+</u> @ Wadsworth Park * <b><u>NO CHAIR YOGA*</u></b> 12:30 – 2:30 – <u>Ping Pong</u> & <u>Bocce</u> - Sanctuary  <b><u>NO ZUMBA TONING</u></b>
12 9 – 10am – <u>WalkFit55+</u> @ Wadsworth Park 11 – 12pm- <u>DanceFit55+</u> Sanctuary 12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary	13 9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park 2:30 – 3:30pm <u>Zumba Gold &amp; Get Fit55+</u> Sanctuary	14 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Sanctuary	15  <b>TRIP TO WASAGA BEACH</b>  <b><u>NO FITNESS</u></b>
19 9 – 10am – <u>WalkFit55+</u> @ Wadsworth Park 11 – 12pm- <u>DanceFit55+</u> Sanctuary 12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary	20 9:30 – 10:30am <u>POLE WALKING</u> @ Wadsworth Park 2:30 – 3:30pm <u>Zumba Gold &amp; Get Fit55+</u> Sanctuary	21 2:30 – 3:30pm Chair Zumba& Sit Fit55+ Sanctuary	22 9 - 10am - <u>WalkFit55+</u> @ Wadsworth Park 11- 12pm – <u>Chair Yoga</u> Sanctuary 12:30 – 2:30 – <u>Ping Pong</u> & <u>Bocce</u> - Sanctuary 3-4pm - <u>Zumba Toning</u>
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\* WALKFIT & POLE WALKING @ WADSWORTH PARK - 120 Connolly St – Corner of Laughton Av. & Connolly St.

## DPNCHC SENIORS' SERVICES

August 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

T 416 656 8025

F 416 656 1264

1900 Davenport Road

Toronto, ON M6N 1B7

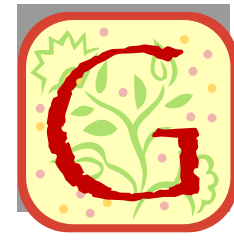
www.dpnchc.ca

Life happens here.™



# EVENT LISTINGS

DPNCHC Seniors' Services



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## MONDAY

**COMPUTER CLASSES** begin again in September.  
New Students register with Mariela 416-656-8025 x263

## TUESDAY

### SENIORS' CONVERSATIONAL ESL

Learn English by *informal conversation* in Florrie's Room & Youth Basement with Bernard La Puente  
**10:00 am – 12:00 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

Agosto 6 – TBA  
Agosto 13 - Apresentação sobre imigração com Leon y Erika  
Agosto 20 – Envolvimento Civico com Gabrielle  
Agosto 27 - TBA

### 1 – 2:30 pm DONNE INSIEME

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

August 6 - Storia di Elvis  
August 13 - Presentation with MPP Marit Stiles  
August 20 - Creta con Lumy  
August 27 - Bingo-Tombola

## ANNOUNCEMENTS

**Mon. Aug. 5 – Centre Closed – Simcoe Day holiday**

**Thurs. Aug. 15 - Trip to Wasaga Beach**

**August 22 “A Flight Path Without Borders” - Monarch Butterfly Projects - Facilitated by Lourdes Fuentes -Lumy at The Gardiner Museum 111 Queen's Park Toronto 5:00 pm**

**Mon. Sept. 2 - Centre Closed - Labour Day**

## WEDNESDAY

### 10 am – 12 pm ART GROUP

(in Perth Hall & Backyard with Prapti and Lumy)

### 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

August 7 - Painting in the Garden with Mural Xpress  
August 14 - Painting in the Garden with Mural Xpress  
August 21 - Painting in the Garden with Mural Xpress  
August 28 - Birthdays and Bingo

### 1:30 – 4 p.m. CINEMA ITALIANO 55+

*Film e Discussione alla Libreria di Dufferin e St. Clair*

1625 Dufferin St.

August 28

In collaborazione con a Toronto Public Library

### 3:30 – 5 pm – Seniors' Sewing, Knitting & Embroidery

(in Garden Room)

**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 Clases de Ejercicios 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

Agosto 1 - Presentación con MPP Marit Stiles

Agosto 8 - Cumpleaños y Bingo

**Agosto 15 - Paseo a la Playa de Wasaga 9:30- 6pm**

Agosto 22- Excibicion de Mariposas en Museo 11 Queens'Park / Bloor

Agosto 29 - Presentación de la Nutricion con Dietista Jedid

### 4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **No Hay Program Agosto 15**

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:

**Sept. 2 – Sept. 6 - No Seniors Programmes**

**Sept. 18 - Trip to Black Creek Pioneer Village**