

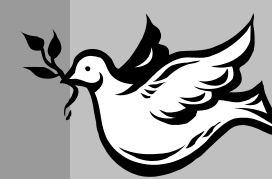
SENIORS' FITNESS CLASSES – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 LABOR DAY <u>NO FITNESS</u>	3 ADMINISTRATION WEEK <u>NO FITNESS</u>	4 ADMINISTRATION WEEK <u>NO FITNESS</u>	5 9 - 10am - <u>WalkFit55+</u> @ Wadsworth Park <u>NO FITNESS</u>
9 9 - 10am - <u>WalkFit55+</u> @ Wadsworth Park <u>NO DANCEFIT</u> 12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary	10 9:30 - 10:30am <u>POLE WALKING</u> @ Wadsworth Park 2:30 - 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary	11 2:30 - 3:30pm Chair Zumba & Sit Fit55+ Sanctuary	12 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>
16 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	17 9:30 - 10:30am <u>POLE WALKING</u> @ Wadsworth Park 2:30 - 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary	18 TRIP TO BLACK CREEK VILLAGE <u>NO FITNESS</u>	19 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>
23 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	24 9:30 - 10:30am <u>POLE WALKING</u> @ Wadsworth Park 2:30 - 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary	25 2:30 - 3:30pm Chair Zumba & Sit Fit55+ Sanctuary	26 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>
30 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			

DPNCHC SENIORS' SERVICES

September 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

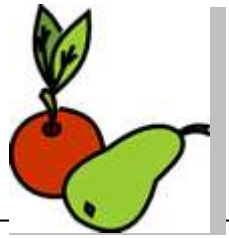


2

0

1

9



MONDAY

10:30 - 12 Seniors' Computer & Technology Classes - Beginners
12 - 1:00 pm - Intermediate / Advanced
(in Florrie Room with volunteer Suzanna)
New Students must register with Mariela 416-656-8025 x263
STARTS MONDAY SEPTEMBER 9TH

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 Cancelled Sept. 3

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

September 3 - No Programmes

September 10 - Procedimento de Emergência - Sanchia
September 17 - Cuidado com a Pele- Paula
September 24 - Project – Davenport Vote - Gabrielle

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

September 3 - No Programmes

September 10 - Discussione con Maria
September 17 - TBA
September 24 - TBA

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



(in Perth Hall) **September 3 - No Program**

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

ANNOUNCEMENTS

Mon. Sept. 2 - Centre Closed - Labour Day

Sept. 2 – Sept. 6 - No Seniors Programmes
(except Walk Fit55 + Sept. 5th)

Sun. Sept. 8 – National Grandparents' Day

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

Mon. Sept. 23 – 1st Day of Autumn

WEDNESDAY

10 am – 12 pm ART GROUP

(in Perth Hall; with Mariela)

September 4 & 18 - No Program

12 - 1 pm SENIORS' SOUP SOCIAL

(Perth Hall) **September 4 & 18 - No Program**

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

September 4 - No Program

September 11 - Craft with Mariela

September 18 - Trip to Black Creek Pioneer Village

September 25 - Bingo and Birthdays

1:30 – 4 p.m. CINEMA ITALIANO 55+

Film e Discussione alla Libreria di Dufferin e St. Clair

1625 Dufferin St.

September 25

In collaborazione con a Toronto Public Library

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 – 3:00 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

Septiembre 5 - No Hay Programa

Septiembre 12 - Empoderamiento/participación Civil con Gabrielle

Septiembre 19 - Cumpleaños y Bingo

Septiembre 26 – Presentación de Nutrición y Cocinando con Jedid

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **No Hay Program September 5**

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:

Mon. Oct. 14 - Centre Closed – Thanksgiving Holiday

Thursday Oct. 31 - Halloween Party – 1 - 4:00pm

