


SENIORS' FITNESS CLASSES–December 2019 January 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|---|
| 2 11 – 12pm- <u>DanceFit55+</u> Perth Hall 12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary | 3 2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary | 5 2:30 – 3:30pm <u>Chair Zumba& Sit Fit55+</u> Sanctuary | 6 9 – 10am – <u>WalkFit55+</u> Sanctuary 11 - 12pm – <u>ZumbaToning</u> Sanctuary 12:30 – 2:30pm - Ping Pong & <u>Bocce</u> – Sanctuary 3-4pm – <u>Chair Yoga</u> Sanctuary |
| 9 11 – 12pm- <u>DanceFit55+</u> Perth Hall 12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary | 10 2:30 – 3pm <u>Zumba Gold & Get Fit55+</u> Sanctuary (Zumba finish 3pm today) | 11 2:30 – 3:30pm <u>Chair Zumba& Sit Fit55+</u> Sanctuary | 12 9 – 10am – <u>WalkFit55+</u> Sanctuary 11 - 12pm – <u>ZumbaToning</u> Sanctuary 12:30 – 2:30pm - Ping Pong & <u>Bocce</u> – Sanctuary 3-4pm – <u>Chair Yoga</u> Perth Hall |
| 16 11 – 12pm- <u>DanceFit55+</u> Perth Hall 12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary | 17 Christmas Party Fitness classes start <u>January 13, 2020</u> |  Have a great Holiday season! | No Monday Walk Fit55+ until further notice. |
| JANUARY 2020 | | | |
| 13 11 – 12pm- <u>DanceFit55+</u> Sanctuary 12:30 - 2:30 - <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary | 14 2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary | 15 2:30 – 3:30pm <u>Chair Zumba & Sit Fit55+</u> Sanctuary | 16 9 – 10am – <u>WalkFit55+</u> Sanctuary 11 - 12pm – <u>ZumbaToning</u> Sanctuary 12:30 – 2:30pm - Ping Pong & <u>Bocce</u> – Sanctuary 3-4pm – <u>Chair Yoga</u> Sanctuary |
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| 27 11 – 12pm- <u>DanceFit55+</u> Sanctuary 12:30 – 2:30 – <u>Ping Pong55+</u> & <u>Bocce</u> - Sanctuary | 28 2:30 – 3:30pm <u>Zumba Gold & Get Fit55+</u> Sanctuary | 29 2:30 – 3:30pm <u>Chair Zumba& Sit Fit55+</u> Sanctuary | 30 9 – 10am – <u>WalkFit55+</u> Sanctuary 11- 12pm – <u>ZumbaToning</u> Sanctuary 12:30 – 2:30pm - Ping Pong & <u>Bocce</u> – Sanctuary |

DPNCHC SENIORS' SERVICES

December 2019 - January 2020

For Adults 55+



Look inside for program details; Para maiores informações, veja dentro;
Per ulteriori informazioni guardate dentro, ver dentro más información

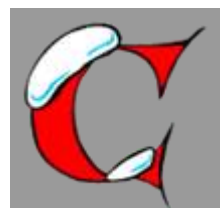
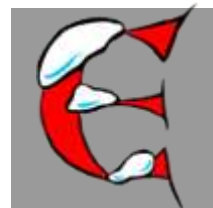
Reasonable accommodation or any other special needs will be provided upon request. If you
require accommodation, please advise program contact name by phone or email or in person.

Davenport-Perth 
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EVENT LISTINGS

DPNCHC Seniors' Services



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MONDAY

10:30 - 12 Seniors' Computer & Technology Classes - Beginners
12 - 1:00 pm - Intermediate / Advanced
(in Florrie Room with volunteer Suzanna) **No Program Nov 25**
New Students must register with Mariela 416-656-8025
December 23 & 30 & January 6 No Program

TUESDAY

SENIORS' CONVERSATIONAL ESL

Learn English by *informal conversation* in Florrie's Room & Youth Basement with Bernard La Puente

10:30 am - 12 noon – Basic

11:30 am – 12:30 – Intermediate

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

December 3 - Activida de Natal com Cristina
December 10 – Activida de Natal com Cristina
December 17 - **Seniors Holiday Party**
December 24 - No Program
December 31 - No Program
January 7 - No Program
January 14 – Bem Vindo De Volta
January 21 - TBA
January 28 - TBA

1 – 2:30 pm DONNE INSIEME

(En Perth Hall per Donne Italiane 55+)

Per informazioni chiamare Maria DiMarco 416 656-8025 ext 246

December 3 -Cucina con Jedit
December 10 - Natale Italiano
December 17 - Festa di Natale con tutti
December 24 - No Program
December 31 - No Program
January 7 - No Program
January 14 - Bentornate al Centro
January 21 - Discussione con Maria
January 28 - Cantiamo Insieme....

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

(in Perth Hall) **December 17, 24 & 31 January 1 & 8 No Program**

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

3:45 - 4:45 pm SENIORS CHOIR

(in The Sanctuary with Choir Director Doug Gallant)

Tuesday December 17 - Seniors Christmas Party 1- 4:30 pm
(No Seniors Programs December 18 to January 13)

WEDNESDAY

10 am – 12 pm ART GROUP

(Holidays Cards, volunteer-led by Lumy Fuentes in Perth Hall)

Dec 18 & 25 January 1, & 8 No Program

12 - 1 pm SENIORS' SOUP SOCIAL

(Perth Hall) **Dec 18 & 25 January 1, & 8 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

For information call Mariela 4166568025 ext 263

December 4 - Cooking Lentil Sprouts with Jedit

December 11 - Holidays Craft

December 18 - No Program

December 25 - No Program

January 1 - No Program

January 8 - No Program

January 15 - Welcome Back

January 22 - Art and Craft

January 29 - Bingo and Birthdays

1:30 – 4 p.m. CINEMA ITALIANO 55+

Film e Discussione alla Libreria di Dufferin e St. Clair

1625 Dufferin St.

In collaborazione con a Toronto Public Library

January 29

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 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

Diciembre 5 - Empoderamiento del Adulto Mayor con Culture Link -Dora

Diciembre 12 - Convivencia de Navidad con Culture Link 4:30-8:30 pm

Diciembre 19 - No hay Programa

Diciembre 26 - No hay Programa

Enero 2 - No hay Programa

Enero 9 - No hay Programa

Enero 16 - Program de Prevencion de Diabetes

Enero 23 - Program de Prevencion de Diabetes

Enero 30 - Program de Prevencion de Diabetes

4 – 5 pm BAILANDO FOREVER

(En Perth Hall) **Diciembre 12, 19, 26 Enero 2 y 9 No hay program**

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:

Programmes begin again January 13, 2020

Thursday, February 13 – Valentine's Day Party

**Mon. February 17 – “Family Day” Holiday
Centre Closed**



From all of us to all of you – Happy
Holidays & a Healthy and Fruitful New Year!