



SENIORS' SERVICES MARCH 2020 CALENDAR

For Older Adults 55+

Davenport-Perth

Neighbourhood and Community Health Centre



1900 Davenport Road, Toronto, ON M6N 1B7 416-656-8025 www.dpnchc.ca E info@dpnhc.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>10:30 am- Beginner Computer Basement</p> <p>11- Dance Fit55+ The Sanctuary</p> <p>12 – Advanced Computer Basement</p> <p>12:30 - 2:30 - Ping Pong & Bocce The Sanctuary</p>	<p>9:30-10:30am Walk Fit55+ @ JJ Piccininni Community Recreation Centre</p> <p>10 am - Basic Conversational English 11- Intermediate Conversational English Florrie's Room</p> <p>12:30 pm - Cantinho da Amizade Youth Basement</p> <p>1:00 - Donne Insieme Perth Hall</p> <p>2:30 - Zumba Gold & Sit Fit 55+ The Sanctuary</p> <p>3:30 - 5 Sewing, Knitting & Embroidery Perth Hall</p> <p>3:30 – The Aspire Choir Garden Room</p>	<p>9:30-12:30pm Art Perth Hall</p> <p>12:30-1pm Soup Social Perth Hall</p> <p>1-2pm Wellness Group Perth Hall</p> <p>2:30-3:30pm Chair Zumba & Sit Fit 55+ The Sanctuary</p>	<p>11- 12pm Zumba Toning Gold The Sanctuary</p> <p>12:30-2:30pm Ping Pong & Bocce The Sanctuary</p> <p>1- 3pm Club Amistad Perth Hall</p> <p>3 - 4pm Chair Yoga The Sanctuary</p> <p>4 - 5pm Bailando Forever Perth Hall</p>
<p>Announcements: Sun. March 8 – International Women's Day </p> <p style="text-align: center;">- Daylight Saving Time begins</p> <p style="text-align: center;">Fri. March 20 - Spring Equinox</p> <p style="text-align: center;">Wed. March 25 – Cinema Italiano (1:30 - 4pm) at Dufferin/St. Clair Library</p>			
<p>Upcoming Events: Eggs-travaganza - April 8 (10am-2pm)</p> <p style="text-align: center;">April 16 – 19 No fitness program</p> <p style="text-align: center;">April 23 – 26 No seniors program (Administration Week)</p>			

For more info about our Fitness Program, contact Monica Beltrame 416-656-8025 ext.264. For more info about program activities. Contact: Mariela Soto – 416-656-8025 ext. 263 or Maria DiMarco – 416-656-8025 ext. 246
WALKFIT 55+ at JJ Piccininni Community Centre - 1369 St. Clair Av. West / Lansdowne.

Life happens here.™



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

