

# September 2020 Program Calendar – Seniors Services

DPNCHC Outdoor Activities. **PLEASE NOTE:** Programs will be cancelled if it rains.

Mondays	Tuesdays	Wednesdays	Thursdays
<p><b>No programming on Labour Day September 7</b></p> <hr/> <p><b>September: 14, 21 &amp; 28</b></p> <p><b><u>Walk Fit 55+</u></b>            9:30 a.m.-10:30 a.m.            10:30 a.m.-11:30 a.m.            For more information, call Maria Di Marco at (416) 656-8025, ext. 246, or Monica Beltrame at (416) 656-8025, ext. 264.  <b>Location:</b> Earls court Park (Lansdowne Ave. and Davenport Rd.)</p> <p><b><u>Chair Yoga – ZOOM</u></b>            2 p.m.-3 p.m.            For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p>	<p><b>September: 1, 8, 15, 22 &amp; 29</b></p> <p><b><u>Cantinho da Amizade – Portuguese Seniors</u></b>            10:30 a.m.-12:30 p.m.            For more information, call Cristina Tozzi at (416) 656-8025, ext. 379.  <b>Location:</b> Earls court Park (Lansdowne Ave. and Davenport Rd.)</p> <p><b><u>Donne Insieme – Italian Seniors</u></b>            1 p.m.-2:30 p.m.            For more information, call Maria Di Marco at (416) 656-8025, ext. 246.  <b>Location:</b> DPNCHC patio</p> <p><b><u>Zumba Get Fit – ZOOM</u></b>            2:00 a.m.-3:00 p.m.            For more information, call Monica Beltrame at (416) 656-8025, 264.</p> <p><b><u>Sing Along With Doug</u></b>            3 p.m.-4 p.m.            For more information, call Maria Di Marco at (416) 656-8025, ext. 246.  <b>Location:</b> DPNCHC patio</p>	<p><b>September: 2, 9, 16, 23 &amp; 30</b></p> <p><b><u>Chair Zumba</u></b>            11:30 a.m.-12:30 p.m.            For more information, call Monica Beltrame at (416) 656-8025, ext. 264.  <b>Location:</b> DPNCHC patio</p> <p><b><u>Seniors’ Wellness – English Seniors</u></b>            1 p.m.-2:30 p.m.  <b>Location:</b> DPNCHC patio</p> <p><b><u>Chair Zumba – ZOOM</u></b>            2 p.m.-3 p.m.            For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p>	<p><b>September: 3, 10, 17 &amp; 24</b></p> <p><b><u>Chair Yoga</u></b>            11:30 a.m.-12:30 p.m.            For more information, call Monica Beltrame at (416) 656-8025, ext. 264.  <b>Location:</b> DPNCHC patio</p> <p><b><u>Club Amistad – Spanish Seniors</u></b>            1 p.m.-3 p.m.            For more information, call Mariela Soto at (416) 656-8025, ext. 263.  <b>Location:</b> DPNCHC patio</p> <p><b><u>Zumba Toning – Zoom</u></b>            2 p.m.-3 p.m.            For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p>

Chair Zumba Zumba and Chair Yoga in the backyard are only for seniors who don't have ZOOM. Limited space, registration before is required.  
 1900 Davenport Road - For more information call Seniors' Services at 416 656-8025 - Join us at DPNCHC Facebook Seniors



***Don't forget to wear your mask***