




November 2020 Program Calendar – Seniors Services

Davenport-Perth: 1900 Davenport Road. For more information on Seniors Services, please call: (416) 656-8025.

Mondays	Tuesdays	Wednesdays	Thursdays
<p>Walk Fit 55+ is NOT taking place in November.</p> <p>Indoor walking at Joseph J. Piccininni Community Centre has been suspended until further notice.</p> <p>For information, call Maria Di Marco at (416) 656-8025, ext. 246, or Monica Beltrame at (416) 656-8025, ext. 264.</p> <p>November: 2, 9, 16, 23 & 30: <u>Chair Yoga – ZOOM @ 2 p.m.-3 p.m.</u></p> <p>For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> 	<p><u>Cantinho da Amizade – Portuguese Seniors 10:30 am.- 12:30 pm</u> For more information, call Cristina Tozzi 416 656-8025, ext. 379.</p> <p>Nov 3 - ligações reconfortantes Nov 10 - ligações reconfortantes Nov. 17: ligações reconfortantes Nov. 24 - ligações reconfortantes</p> <p><u>Donne Insieme – Italian Seniors 1 p.m.-2:30 p.m.</u> For more information, call Maria Di Marco 416 656-8025, ext. 246.</p> <p>Nov 3 - telefonate rassicuranti Nov 10 - telefonate rassicuranti Nov 17 - telefonate rassicuranti Nov 24 - telefonate rassicuranti</p> <p><u>Zumba GetFit – ZOOM @ 2 p.m.-3 p.m.</u> For more information, call Monica Beltrame at (416) 656-8025, 264.</p> <p><u>Sing Along With Doug – ZOOM @ 3 p.m.-4 p.m.</u> For more information, call Maria Di Marco 416 656-8025, ext. 246</p> <p><u>One- to-One Computer Support</u> For more information, call Dolores Astudillo 416 656-8025, ext. 262</p> <p>Join us on Facebook! @ DPNCHC Facebook Seniors</p> <p><i>Don't forget to wear your mask! And stay 6 feet apart!</i></p>	<p>Nov. 11: Remembrance Day</p>  <p><u>Wellness – English Seniors @ 1 p.m.-2:30 p.m.</u> ZOOM activities: Nov. 4 – Phone calls Nov. 11 - Phone calls Nov. 18 - No Program Nov. 25 - Phone calls</p> <p><u>Chair Zumba – ZOOM @ 2 p.m.-3 p.m.</u> For more information, call Monica Beltrame 416 656-8025, ext. 264.</p>	<p><u>Spanish Seniors - Club Amistad 1 p.m.-3 p.m.</u> For more information, call Mariela Soto at (416) 656-8025, ext. 263.</p> <p>Nov 5 – llamados telefonicos Nov 12 - llamados telefonicos Nov 19 - llamados telefonicos Nov 26 - llamados telefonicos</p> <p><u>Zumba Toning – ZOOM @ 2 p.m.-3 p.m.</u> For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p>  <p>Davenport-Perth Neighbourhood and Community Health Centre</p>

ONE-TO-ONE SUPPORT via Phone, Email or Zoom Live Meeting If you need to get support for you, please call or email us to talk to a Seniors Staff. Our main reception phone number is 416.656-8025. You will also be able to book a one-to-one Telephone or Zoom Meeting appointment to get assistance. We can provide you with information, referral and support. For information and support in other languages please contact our main reception phone number: Spanish: Dolores and Mariela, Portuguese Cristina and Monica and Italian, Maria Di Marco