



## October 2020 Program Calendar – Seniors Services

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>
<p style="text-align: center;"><b>October: 5, 19 &amp; 26</b></p> <p style="text-align: center;"><u><b>Walk Fit 55+</b></u>  <b>9:30 a.m.-10:30 a.m.</b>  <b>10:30 a.m.-11:30 a.m.</b>                      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. &amp; Davenport Rd.)</p> <p style="text-align: center;"><u><b>Chair Yoga – ZOOM</b></u>  <b>@2:00-3:00 pm.</b>                      For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p>	<p style="text-align: center;"><b>October: 6, 13, 20 &amp; 27</b></p> <p><u><b>Cantinho da Amizade –Portuguese Seniors</b></u>  <b>10:30 a.m.-12:30 p.m.</b>                      Information call Cristina Tozzi at 416 656-8025, ext. 379.  <b>Location: Earls court Park Davenport/ Lansdowne</b></p> <p>Oct 6 - Trivia game in Portuguese – safety tips COVID 19                      Oct 13 - Health &amp; buster your immune system with Jedid                      Oct 20 - Open discussion                      Oct 27 - Halloween</p> <p><u><b>Donne Insieme – Italian Seniors 1 p.m.-2:30 p.m.</b></u>                      Information call Maria Di Marco at 416 656-8025, ext. 246.  <b>Location:</b> DPNCHC patio                      Oct 6 - Incontro con Lina Medaglia(writer and professor)                      Oct 13 -Discussione con Maria                      Oct 20 - Bocce tournament                      Oct 27 - Discussione con Maria</p> <p><u><b>Zumba GetFit – ZOOM@ 2 p.m.-3 p.m.</b></u>                      Information, call Monica Beltrame at (416) 656-8025, 264.</p> <p style="text-align: center;"><u><b>Sing Along With Doug</b></u>  <b>3 p.m.-4 p.m.</b>                      For more information, call Maria Di Marco at (416) 656-8025, ext. 246.  <b>Location:</b> DPNCHC patio</p>	<p style="text-align: center;"><b>October: 7, 14, 21 &amp; 28</b></p> <p style="text-align: center;"><u><b>Chair Zumba – ZOOM</b></u>  <b>@2:00- 3:00 p.m.</b>                      For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> <p><u><b>Wellness - English Seniors</b></u>  <b>1 p.m.-2:30 p.m.</b>  <b>Location: DPNCHC patio</b></p> <p>Oct 7 - Trivia game – safety tips about COVID 19</p> <p>Oct 14 - Health diet to buster your immune system with Jedid                      Oct 21 - Bingo                      Oct 28 - Halloween</p>	<p style="text-align: center;"><b>October: 1, 8, 15, 22 &amp; 29</b></p> <p style="text-align: center;"><u><b>Zumba Toning – Zoom</b></u>  <b>2 p.m.-3 p.m.</b>                      For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> <p style="text-align: center;"><i><b>Don't forget to wear your mask! And Stay 6 feet apart!</b></i></p> <div style="text-align: center; margin: 10px 0;">  </div> <div style="text-align: right; margin-top: 20px;">  <p style="text-align: right;"><b>Davenport-Perth</b> Neighbourhood and Community Health Centre</p> </div>

DPNCHC Outdoor Activities. PLEASE NOTE: Programs will be cancelled if it rains. **Davenport-Perth: 416-656-8025.**