




Dec. 2020/Jan. 2021 Program Calendar – Seniors Services

Note: There will be no programming from Dec. 18, 2020 to Jan. 8, 2021. Programming resumes on Jan. 11, 2021

Davenport-Perth: 1900 Davenport Rd. For more information on Seniors Services, please call: [\(416\) 656-8025](tel:4166568025).

Mondays	Tuesdays	Wednesdays	Thursdays
<p>Walk Fit 55+ indoor walking at Joseph J. Piccininni Community Centre has been suspended until further notice. For information, call Maria Di Marco at (416) 656-8025, ext. 246, or Monica Beltrame at (416) 656-8025, ext. 264.</p> <p>Dec. 7 & 14: Jan. 11, 18 & 25: <u>Chair Yoga – ZOOM</u> 2 p.m.-3 p.m. For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> 	<p><u>Cantinho da Amizade – Portuguese Seniors</u> 10:30 am.-12:30 pm For information, call Cristina Tozzi at (416) 656-8025, ext. 379.</p> <p>Dec. 1: ligações reconfortantes Dec. 8: ligações reconfortantes Dec. 15: ligações reconfortantes Jan 12: ligações reconfortantes Jan. 19: ligações reconfortantes Jan. 26: ligações reconfortantes</p> <p><u>Donne Insieme – Italian Seniors from 1 p.m.-2:30 p.m.</u> For information, call Maria Di Marco 416 656-8025, ext. 246. Dec. 1: telefonate rassicuranti Dec. 8: telefonate rassicuranti Dec. 15: telefonate rassicuranti Jan. 12: telefonate rassicuranti Jan. 19: telefonate rassicuranti Jan. 26: telefonate rassicuranti</p> <p><u>Zumba GetFit – ZOOM 2 p.m.-3 p.m.</u> For 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 information, call Maria Di Marco at (416) 656-8025, ext. 246.</p> <p><u>One- to-One Computer Support</u> For information, call Dolores Astudillo at (416) 656-8025, ext. 262.</p>  <p>Davenport-Perth Neighbourhood and Community Health Centre</p>	<p><u>Wellness – English Seniors</u> 1 p.m.-2:30 p.m. For information, call Cristina Tozzi at (416) 656-8025, ext. 379.</p> <p>Dec. 2: Support phone calls Dec. 9: Support phone calls Dec. 16: No Program Jan. 13: Support phone calls Jan. 20: Support phone calls Jan. 27: Support phone calls</p> <p><u>Chair Zumba – ZOOM</u> 2 p.m.-3 p.m. For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> <p><i>Don't forget to wear your mask! And stay 6 feet apart!</i></p> <p>Join us on Facebook: @DPNCHC's Seniors Services Client Resource Group Click Here to Join</p>	<p><u>Spanish Seniors – Club Amistad</u> 1 p.m.-3 p.m. For more information, call Mariela Soto at (416) 656-8025, ext. 263.</p> <p>Dec. 3: llamados telefonicos Dec. 10: llamados telefonicos Dec. 17: llamados telefonicos Jan. 14: llamados telefonicos Jan. 21: llamados telefonicos Jan. 28: llamados telefonicos</p> <p><u>Zumba Toning – ZOOM</u> 2 p.m.-3 p.m. For more information, call Monica Beltrame at (416) 656-8025, ext. 264.</p> 

The Centre is offering ONE-TO-ONE SUPPORT via Phone, Email or Zoom Live Meeting. If you need support, please call or email the Centre to speak to a Seniors Department staff person and book a session. The main number is (416) 656-8025. We can also provide more information and a referral. For support in other languages, call the main number and ask for Dolores or Mariela for Spanish; Cristina or Monica for Portuguese; and Maria Di Marco for Italian.