




Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Feb. 1, 8 and 22:</b></p> <p>No programs on Feb. 15 <b>Family Day.</b></p>  <p><b>On-Site Tech Support for Zoom and Email</b> <b>10:30 a.m.-1:30 p.m.</b> Contact Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or (416) 656-8025, ext. 262.</p> <p><b>Zumba GetFit – ZOOM</b> <b>2:30 p.m.</b> Call Monica at (416) 656-8025, ext. 264.</p> 	<p><b>Feb. 2, 9, 16 and 23:</b></p> <p><b>Cantinho da Amizade – Portuguese Seniors – On Facebook Chat</b> <b>1 p.m.-2 p.m.</b> For information, call Cristina at (416) 656-8025, ext. 379.</p> <p><b>Donne Insieme –ZOOM Italian Seniors 1 p.m.-2 p.m.</b> For information, call Maria at 416 656-8025, ext. 246.</p> <p><b>Chair Yoga – ZOOM 2:30 p.m.</b> For information, call Monica at (416) 656-8025, 264.</p> <p><b>Aspire Choir Sing Along with Doug – ZOOM</b> <b>3:15 p.m.-4:15 p.m.</b> For information, call Maria at (416) 656-8025, ext. 246.</p>	<p><b>Feb. 3, 10, 17 and 24:</b></p> <p><b>Beginning Feb. 24:</b> <b>Art for All -ZOOM: Painting Workshop – Watercolour Techniques with Tania Iraheta</b> <b>10 a.m. – 12 noon</b> For information, call Mariela at (416) 656-8025, ext. 263.</p> <p><b>On-Site Tech Support for Zoom and Email</b> <b>10:30 a.m.-12 p.m.</b> Contact Dolores at <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a> or (416) 656-8025, ext. 262.</p> <p><b>Wellness – ZOOM</b> <b>English Seniors 1 p.m-2:30 p.m.</b> For information, call Mariela or Dolores at (416) 656-8025</p> <p><b>Chair Zumba – ZOOM</b> <b>2:30 p.m.</b> For information, call Monica at (416) 656-8025, ext. 264.</p>	<p><b>Feb. 4, 11, 18 and 25:</b></p> <p><b>Club Amistad – ZOOM</b> <b>Spanish Seniors 1 p.m.2 p.m.</b> For information, call Mariela at (416) 656-8025, ext. 263.</p> <p><b>Zumba Toning – ZOOM</b> <b>2:30 p.m.</b> For information, call Monica at (416) 656-8025, ext. 264.</p>  <p><b>Social, Educative and Recreational Programs</b></p>	<p><b>Feb. 5, 12, 19 and 26:</b></p> <p><b>Chair Cardio and Strength – ZOOM</b> <b>10:30 a.m.</b> For information, call Dolores at (416) 656-8025, ext. 262, or <a href="mailto:dastudillo@dpnchc.ca">dastudillo@dpnchc.ca</a></p> <p><b>Don't forget to wear a mask and stay 6 feet apart!</b></p>

\*Instructors will send links for ZOOM classes