

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Aug. 9, 16, 23 and 30:</b></p> <p><b>The centre will be CLOSED on August 2 for Simcoe Day!</b></p> <p><b>Walk Fit 55+ 9:30 am.</b> Earlscourt Park at Caledonia and St. Clair. For information, call Maria at (416) 656-8025, ext. 246, or Monica at (416) 656-8025, ext. 264.</p>  <p><b>Aspire Choir Sing Along with Doug – ZOOM</b> Earlscourt Park at Caledonia and St. Clair. 11:00 am 12:00 For information, call Maria at 416 656-8025, ext. 246.</p> <p><b>On-Site Tech Support for Zoom and Email</b> 10:30 a.m.-1:30 p.m. Contact Dolores at (416) 656-8025, ext. 262.</p>	<p><b>Aug. 3, 10, 17, 24 and 31:</b></p> <p><b>Cantinho da Amizade – Portuguese Seniors on 1 p.m.-2:30p.m. DPNC Backyard</b> Call Cristina at (416) 656-8025, ext. 379. <b>3 Agosto:</b> Apresentação sobre racismo <b>10 Agosto:</b> Apresentação sobre pressão alta e medicações <b>17 Agosto:</b> Fabricação de lanternas <b>24 Agosto:</b> Pintura em pedras <b>31 Agosto:</b> Socializar</p> <p><b>Donne Insieme – Italian Seniors 1 p.m.-2:30 p.m.</b> For information, call Maria at 416 656-8025, ext. 246. <b>3 Agosto:</b> Presentazione Salute <b>10 Agosto:</b> fare lanterna <b>17 Agosto:</b> Dipinto su pietra <b>24 Agosto:</b> High Park <b>31 Agosto:</b> Bocce e mini golf</p> 	<p><b>Aug. 4, 11, 18 and 25:</b></p> <p><b>On-Site Tech Support for Zoom and Email</b> Contact Neil at (416) 656-8025, ext. 265.</p> <p><b>Wellness – English Seniors 1 p.m.-2 p.m. DPNC Backyard</b> For information, call Dolores at (416) 656-8025, ext. 262. <b>Aug. 4:</b> Presentation on high blood pressure and medications <b>Aug. 11:</b> Making garden lantern <b>Aug. 18:</b> Painting stones <b>Aug. 25:</b> Bingo</p> 	<p><b>Aug. 5, 12, 19 and 26:</b></p> <p><b>Club Amistad – Spanish Seniors 1 p.m.-2 p.m. DPNC Patio</b> For information, call Dolores at (416) 656-8025, ext. 262. <b>5 Agosto:</b> Bingo <b>12 Agosto:</b> Fabricando lamparas de jardin <b>19 Agosto:</b> Elije ser Feliz con Andres Palomino <b>26 Agosto:</b> Jardineria con Alfredo</p>  <p>Join us for Bingo on August 5 with Club Amistad and on August 25 with the English Seniors group.</p>	<p><b>Aug. 6, 13, 20 and 27:</b></p> <p><b>Take care of each other and we'll get through this!</b></p>  <p><b>Stay safe:</b> Wear a mask, keep 6 feet apart, sanitize!</p> <p><b>Rimanga sicuro:</b> Indossare una maschera, mantieni 6 piedi di distanza, igienizza!</p> <p><b>Fique seguro:</b> Usar uma máscara, mantenha 6 pés de distância, higienize!</p> <p><b>Mantenerse a salvo:</b> Usar una máscara, mantenga 6 pies de distancia, desinfecte!</p>