



May 2022 Program Calendar – Seniors Services

Davenport-Perth: 1900 Davenport Rd.

For information on **Seniors Services**, please call: (416) 656-8025



 MONDAYS	 TUESDAYS	 WEDNESDAYS	 THURSDAYS	 FRIDAYS
<p>May 2,9,16,23,30 WALK FIT 55+ 9:30 am -10:30 am J.J.P. St 1369 Clair Ave. West & Lansdowne Contact Maria 416 656-8025 ext. 246 May 23 Closed</p>  <p>Donne Insieme Group Italian Speaking 1:00-2:30 - Sanctuary Contact Maria 416 656-8025 ext. 246 May 2 -Mangiare Sano con Jedid (Nutrizionista) May 9 -Festa Della Mamma May 16-Gestione del Dolore May 23-NO programma (Victoria Day) May 30 -picnic or visit The Quiet Immigrant Project at Columbus Centre.</p>	<p>May 3,10,17,24,31 Aspire Choir 11:00am - 12:30pm J.J.P. St 1369 Clair Ave. West Contact Maria 416 656-8025 ext. 246</p> <p>Cantinho da Amizade Portuguese Seniors 1:00 -2:30 - Perth Hall Contact Cristina 416 656-8025 ext. 379. May 3 Açúcares adicionados e naturais com Maira May 10- Atividade de dia das mães May 17 Envelhecendo com saude com Jedid May 24 - Administração da dor May 31- No Program</p> <p>Memorias, Conversas y más Spanish Seniors Max. 10 personas 1:30-3:00 pm – Garden Room Contact Dolores 416 656-8025 No program May 31</p> <p>BACK PING PONG & BOCCE 2-4pm. Sanctuary <i>See Fitness Calendar</i> No program May 31</p> <p>Computer Classes - Spanish 3:30- 5:00 -Sanctuary Contact Lorena - 416 656-8025 ext. 247</p>  <p>No program May 31</p>	<p>May 4,11,18,25 Wellness. English Speaking Seniors 1:00- 2:30 -Sanctuary Contact Dolores (416) 656-8025, ext. 262. May 4: Games/Bingo May 11: Special Mother's day Celebration May 18: Presentation on Elder Abuse May 25: Gardening outdoors</p> <p>Computer Classes English</p>  <p>3:30 - 5pm. Sanctuary Contact Neil in English 416 656-8025 ext. 265</p> <p>Join us on Facebook! @DPNCHC Facebook Seniors</p>	<p>May 5,12,19,26 BACK Knitting & Sewing 10:30-12pm Perth Hall Contact Dolores 416 656-8025 ext. 262</p> <p>Club Amistad Spanish Speaking Seniors 1:00-2:30 - Sanctuary Contact Dolores 416 656-8025 ext. 262 Mayo 5 Juegos/Bingo Mayo 12 Celebración por el Día de las Madres Mayo 19 Presentación Abuso del adulto mayor Mayo 26 Picnic y Jardinería</p> <p>Computer Classes Portuguese 1pm-4pm (Garden room) Contact Susana 416 656-8025 ext. 247</p>  <p>ESL Classes - Conversations 3:30- 5:00 - Sanctuary Contact Elizabeth 416 656-8025 ext. 247</p>	<p>May 6,13,20,27 NEW <i>See Fitness Calendar</i></p>  <p>Beginner - Line Dancing 12:30-1:30pm Sai Contact Monica (416) 656-8025, ext.264</p> <p>STAY SAFE Wear a mask, Keep 6 feet apart, sanitize!</p> <p>RIMANGA SICURO Indossare una maschera, mantieni 6 piedi di distanza, igienizza!</p> <p>FIQUE SEGURO Usar uma máscara, mantenha 6 pés de distância, higienize!</p> <p>MANTÉNGASE A SALVO Use la máscara Mantenga 6 pies de distancia Desinfecte</p>