




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May 5, 12, 19, 26</p> <p><u>INTERMEDIATE ENGLISH CONVERSATION</u> 10-week conversation class focused on storytelling</p> <p>Garden Room 12:30pm-2:00pm Contact Dolores 416656 8025 Ext 262</p> <p><u>SPANISH CONVERSATION</u> 2:00 pm - 4:00 pm Garden's room Contact 416656 8025 Ext 262</p> <p>Sign up to receive the seniors monthly calendar in your email Register by Contacting 416656- 8025 Ext 262</p> <p>NO PROGRAMS on May 19 (Victoria Day Holiday)</p>	<p>May 6,13,20,27</p> <p><u>CANTINHO DA AMIZADE</u> Portuguese Speaking group 1pm to 2:30pm Basement Contact: Jessica 416 656-8025 ext. 264 Maio 6 Pintar um vaso -Celebração Diada Mãe Maio 13 Criar uma bandeira Cantinho Amizade Maio 20 Trivia Jogo Maio 27 Círculo de contar histórias</p> <p><u>DONNE INSIEME: 1:00pm - 2:30pm</u> <u>Italian Speaking Seniors Perth Hall</u> Contact Maria 416 656-8025 Ext 246</p> <p>Maggio 6 Celebriamo Compleanno Maggio 13 Tributo alle Mamme Maggio 20 Bingo Maggio 27 Fisioterapia con Sarah</p> <p>Aspire Choir Perth Hall Contact Maria 416 656 8025 ext 246 Tuesday 3:45pm - 4:45pm Aspire Choir rehearsal May 6-13-20-27- from 3:45pm to 4:45pm</p> <p><u>NEW SENIORS ART CLASS</u> Time: 10:0 am - 12 pm Contact Mariela 416 656 8025 Ext 263 This classes will Start on May 13 Class is Full / No Drop In</p>	<p>May 7,14,21, 28</p> <p><u>COMPUTER CLASSES</u> 10:00 am - 12:00 pm Perth Hall Contact 416656 8025 Ext 262</p> <p><u>HAPPY & EMPOWERED GROUP</u> <u>English Speaking Seniors</u> 1:00pm - 2:30pm Perth Hall Contact Dolores 416656 8025 Ext 262 May 7: High park-cherry blossoms - Weather Permitting May 14: Bingo May 21: Meaningful group discussions May 28: Play Family Feud</p> <p><i>Enjoy the Spring season Unity is our Strength</i></p> <p><i>Spring is Here</i></p>	<p>May 1,8,15, 22,29</p> <p><u>KNITTING & SEWING</u> 10:00 am - 12:00 pm Perth Hall Contact Dolores 416656 8025 Ext 262</p> <p><u>AFRO-CARIBBEAN SENIORS</u> 1:00 pm - 3:00 pm - Perth Hall Contact AJ 416 656 8025 Ext 379 May 01 Bingo & Birthdays May 8 Mother's Day Celebration May 15 Talking with Michelle May 22 Nourish & Flourish -Stephanie May 29 Sarah -Physiotherapist</p> <p><u>CLUB AMISTAD SPANISH SPEAKING SENIORS</u> 1:00pm - 2:30pm - Sanctuary Dolores 416656 8025 Ext 262 Mayo 1 Bingo Mayo 8 Dia de Las Madres Mayo 15 Presentacion: Mente sana Cuerpo Sano - Lupita Gallegos Mayo 22 Conversaciones que construyen Mayo 29 Karaoke y cumpleaños</p>	<p>May 2,9,16,23,30</p> <p>You Tube FOLLOW US ON YOUTUBE</p> <p> please check our FITNESS CALENDAR for more activities</p> <p></p>

SENIORS' FITNESS CLASSES - May 2025 For more information call Mariela at 416 656 8025 ext 263

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			May 1 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	May 2 1:30pm - 2:30pm Chair Zumba Sanctuary
May 5 9:30am – 10:30am – Walk Fit 55+ Joseph J. Piccininni – Indoor 1369 St Clair Ave West 11:00am - 12pm Mindful Harmony Fitness-Sanctuary 1:00pm -3:00 pm – Ping Pong & Bocce – Sanctuary	May 6 2:45pm to 3:45pm Strength and Balance Sanctuary	May 7 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	May 8 10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	May 9 1:30pm - 2:30pm Chair Zumba Sanctuary
May 12 9:30am – 10:30am – Walk Fit 55+ Outdoor - Earls court Park 11:00am - 12pm Mindful Harmony Fitness-Sanctuary 1:00pm -3:00 pm – Ping Pong & Bocce – Sanctuary	May 13 2:45pm to 3:45pm Strength and Balance Sanctuary	May 14 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	May 15 10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	May 16 1:30 pm -2:30 pm Chair Zumba Sanctuary
May 19 NO PROGRAMS	May 20 2:45pm - 3:45pm Strength and Balance Sanctuary	May 21 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	May 22 10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	May 23 1:30-pm -2:30 pm Chair Zumba Sanctuary
May 26 9:30am – 10:30am – Walk Fit 55+ Outdoor - Earls court park 11:00am -12pm Mindful Harmony Fitness-Sanctuary 1:00pm -3:00 pm – Ping Pong & Bocce – Sanctuary	May 27 2:45pm - 3:45pm Strength and Balance Sanctuary	May 28 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	May 29 10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	May 30 1:30pm - 2:30pm Chair Zumba Sanctuary