

July 2024

SENIORS' SERVICES PROGRAM CALENDAR



MONDAYS

JULY: 08,15,22,29

NO PROGRAMS ON 01 JULY - CENTER CLOSED FOR CANADA DAY

INTERMEDIATE ENGLISH (10 WEEKS) CONVERSATION CLASSES
STARTS JULY 22
THEME:
Positivity and Purpose: Conversations for a fulfilling life, a 10 week Journey
1:00-2.30pm
Garden's Room-
Contact Dolores 416 656-8025X262



TUESDAYS

JULY: 02,09,,23,30

EXPRESSIVE ART THERAPY WITH PRISCILLA DIAZ - LIMITED SPACE
10:0am -11.30 pm -Perth Hall
Contact Mariela 416.656.8025 x263

CANTINHO DA AMIZADE PORTUGUESE SPEAKING SENIORS
1pm-2:30pm -Basement :
Contact Sofia 416.656.8025 x 264
Julho 2- Apresentacao: Meio ambiente e reciclagem
Julho 9- Bingo e aniversarios
Julho 16-Passeio: Ward Island
Julho 23- Piquenique high park
Julho 30- Saude mental positiva

DONNE INSIEME: ITALIAN SPEAKING SENIORS: 1pm- 2:30pm @Perth Hall
Maria 416.656.8025/246
Luglio 02- Bingo-Tombola
Luglio 09-Discussione con Maria
Luglio 16- Trip-Viaggio
Luglio 23- Salute Mentale Sharmishta
Luglio 30-Prevenzione delle frodi degli anziani

ASPIRE CHOIR REHARSALS - RESUME ON JULY 9TH 4 -5PM
Maria 416.656.8025/246

WEDNESDAYS

JULY: 03,10,17,24,31

NO PROGRAM ON JULY 16-Seniors' Trip to Ward's Island

COMPUTER CLASSES
10:00am-12 pm -Perth Hall
Contact Lucy :416.656.8025 x247

HAPPY & EMPOWERED GROUP- ENGLISH SPEAKING SENIORS
1pm-2.30pm Basement Dolores 416.656.8025 x 262
July 03: Bingo
July 10: Summer Craft
July 17: How to Navigate the Doctor's office. *Sharmishta Anand*
July 24 Living Well: Mind and body connection— Group Discussion
July 31: Picnic & backyard games.

THURSDAYS

JULY 04,11,18,25

KNITTING & SEWING_10am - 12pm
Perth Hall: Mariela 416 656-8025 ext. 263

AFRO- CARIBBEAN SENIORS
1pm - 3pm - Perth Hall - Contact AJ & Lucy 416 656-8025 ext. 379 or 247
July 04: Group activities & Karaoke
July 11 Trip to Ward Island
July 18: Bingo and Birthdays
July 25: Trip to High Park

CLUB AMISTAD SPANISH SPEAKERS 1-2:30PM—SANTUARIO
Contact Dolores 416 656-8025x262
July 04: Bingo
July 11: Picnic y juegos - Patio
July 18: Vivir Bien: El poder del Cuerpo y la mente juntos— conversación en grupo
July 25: Karaoke y cumpleaños

CINEFORUM @ LIBRARY: Last Thursday of every month Dufferin /St Clair branch. 4pm-6pm Maria : 416.656.8025 x 246

FRIDAYS

JULY: 05,12,19,26

Please check our **FITNESS CALENDAR** For more activities (ON THE BACK)








Join us on Facebook @DPNCHC SENIORS PROGRAM

Follow us on YouTube @DPNCHCSENIORS



SENIORS' FITNESS CLASSES – JULY 2024* For more information Call **Sofia Valente at 416 656 8025 ext. 264**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 01</p> <p>NO CLASSES CENTRE CLOSED</p> 	<p>July 02</p>  <p>2:45pm to 3:45pm Strength and Balance</p> <p>Perth Hall</p>	<p>July 03</p> <p>9:30am-10:30 - Pole Walking Wadsworth Park- Laughton & Connolly intersection</p> <p>2:30-3:30pm–Dance Fitness Perth Hall CLASS CANCELED</p>	<p>July 04</p> <p>11:00 -12:30pm – Ping Pong & Bocce – <u>Sanctuary</u></p> <p>2:30-3:15 pm Latin Fit -<u>Sanctuary</u></p> <p>3:15 – 4:00 pm – Line Dancing – <u>Sanctuary</u></p>	<p>July 05</p> <p>1:30 pm-2:30 pm Chair Zumba Perth Hall</p>
<p>July 08</p> <p>9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia</p> <p>11:00 - 12pm Gentle Body Connection-Sanctuary</p> <p>1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>July 09</p>  <p>2:45pm to 3:45pm Strength and Balance</p> <p>Perth Hall</p>	<p>July 10</p> <p>9:30 am-10:30 - Pole Walking Wadsworth Park- Laughton & Connolly</p> <p>2:30-3:30pm–Dance Fitness Perth Hall</p>	<p>July 11</p> <p>11:00 -12:30pm – Ping Pong & Bocce – <u>Sanctuary</u></p> <p>2:30-3:15 pm Latin Fit <u>Sanctuary</u></p> <p>3:15– 4:00 pm – Line Dancing – <u>Sanctuary</u></p>	<p>July 12</p> <p>1:30 pm-2:30 pm Chair Zumba Perth Hall</p>
<p>July 15</p> <p>9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia</p> <p>11:00 - 12pm Gentle Body Connection-Sanctuary</p> <p>1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>July 16</p> <p>Seniors' trip to Ward's Island</p> <p>NO CLASSES</p>	<p>July 17</p> <p>9:30am-10:30- Pole Walking Wadsworth Park- Laughton & Connolly</p> <p>2:30-3:30pm–Dance Fitness Perth Hall</p>	<p>July 18</p> <p>11:00 -12:30pm Ping Pong & Bocce – <u>Sanctuary</u></p> <p>2:30-3:15 pm Latin Fit -<u>Sanctuary</u></p> <p>3:15 – 4:00 pm – Line Dancing – <u>Sanctuary</u></p>	<p>July 19</p> <p>1:30 pm-2:30 pm Chair Zumba Perth Hall</p>
<p>July 22</p> <p>9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia</p> <p>11:00 - 12pm Gentle Body Connection-Sanctuary</p> <p>1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>July 23</p>  <p>2:45 pm to 3:45 pm Strength and Balance</p> <p>Perth Hall</p>	<p>July 24</p> <p>9:30am-10:30- Pole Walking Wadsworth Park- Laughton & Connolly</p> <p>2:30-3:30pm–Dance Fitness Perth Hall</p>	<p>July 25</p> <p>11:00 -12:30pm Ping Pong & Bocce – <u>Sanctuary</u></p> <p>2:30-3:15 pm Latin Fit -<u>Sanctuary</u></p> <p>3:15 – 4:00 pm – Line Dancing – <u>Sanctuary</u></p>	<p>July 26</p> <p>1:30 pm-2:30 pm Chair Zumba Perth Hall</p>
<p>July 29</p> <p>9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia</p> <p>11:00 - 12pm Gentle Body Connection-Sanctuary</p> <p>1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>July 30</p> <p>2:45 pm to 3:45 pm Strength and Balance</p> <p>Perth Hall</p>	<p>July 31</p> <p>9:30 am-10:30- Pole Walking Wadsworth Park- Laughton & Connolly intersection</p> <p>2:30-3:30pm–Dance Fitness Perth Hall</p>	<p>Scan this QR Code for our programs</p> 	

***Please note that Walk fit and Pole walking will be cancelled if it rains or Heat Warning !**