

**APRIL 2025
SENIORS SERVICES**

PROGRAM CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April 7,14,21,28,1</p> <p>INTERMEDIATE ENGLISH CONVERSATION 10-week conversation class focused on storytelling Starts again on April 28 Garden Room 12:30pm-2:00pm Contact Dolores 416656 8025 Ext 262</p> <p>SPANISH CONVERSATION 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 April 18 & April 21 (Easter Holiday)</p>	<p>April 1,8,15,22,29</p> <p>CANTINHO DA AMIZADE Portuguese Speaking group 1pm to 2:30pm Basement Contact: Jessica 416 656-8025 ext. 264 Abril 1 Karaokê Abril 8 Apresentação da biblioteca Abril 15 Celebração da páscoa Abril 22 Dia da terra Abril 29 Bingo and Birthdays</p> <p>DONNE INSIEME: 1:00pm - 2:30pm Italian Speaking Seniors Perth Hall Contact Maria 416 656-8025 Ext 246 April 1-Discussione con Maria April 8-Craft per Pasqua April 15-Mangiare sano con Stephany April 22-Pasquetta celebrazione April 29-Silverthon Library risorse</p> <p>Aspire Choir Perth Hall Contact Maria 416 656 8025 ext 246 Tuesday 3:45pm - 4:45pm Aspire Choir rehearsal April 1-08-15-22-29 from 3:45pm to 4:45pm</p> <p>NEW SENIORS ART CLASS Time: 9:30 am - 12:15 pm Perth Hall Contact Mariela 416 656 8025 Ext 263 This classes will run until May, 06 Class is Full / No Drop In</p>	<p>April 2,9,16,23,30</p> <p>COMPUTER CLASSES 10:00 am - 12:00 pm Perth Hall Contact 416656 8025 Ext 262</p> <p>HAPPY & EMPOWERED GROUP English Speaking Seniors 1:00pm - 2:30pm Perth Hall Contact Dolores 416656 8025 Ext 262 April 2: Subsidized Housing & Financial Aids April 9: Bingo April 16: Making an Easter Center Piece April 23: Looking Back, Moving Forward: <i>Our First Days at Davenport</i> April 30: Karaoke</p> <p><i>Enjoy the Spring season Unity is our Strength Spring is Here</i></p>	<p>April 3,10,17,24</p> <p>KNITTING & SEWING 10:00 am - 12:00 pm Perth Hall Contact Dolores 416656 8025 Ext 262</p> <p>AFRO-CARIBBEAN SENIORS 1:00 pm - 3:00 pm - Perth Hall Contact AJ 416656 8025 Ext 379 April 3 Eye Health with Optometrist Balprit Dhillon April 10 Talking with Michelle April 17 Physiotherapist -Sarah Birthdays & Bingo April 24 Nourish & Flourish -Stephanie</p> <p>CLUB AMISTAD SPANISH SPEAKING SENIORS 1:00pm - 2:30pm - Sanctuary Dolores 416656 8025 Ext 262 April 3 Pascua - Bingo April 10 Presentacion: Vivienda Subsidiada y Ayuda Financiera April 17 Karaoke/Cumpleaños April 24 Presentacion Unison: <i>Gimnasia Para la Memoria</i></p>	<p>April 4,11,18,25</p> <p>YouTube FOLLOW US ON YOUTUBE</p> <p>f please check our FITNESS CALENDAR for more activities</p>

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">April 1</p> <p align="center">2:45pm - 3:45pm Strength and Balance Sanctuary</p>	<p align="center">April 2</p> <p align="center">2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary</p>	<p align="center">April 3</p> <p align="center">10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary</p>	<p align="center">April 4</p> <p align="center">1:30pm - 2:30pm Chair Zumba Sanctuary</p>
<p align="center">April 7</p> <p>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</p>	<p align="center">April 8</p> <p align="center">2:45pm to 3:45pm Strength and Balance Sanctuary</p>	<p align="center">April 9</p> <p align="center">2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary</p>	<p align="center">April 10</p> <p align="center">10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary</p>	<p align="center">April 11</p> <p align="center">1:30pm - 2:30pm Chair Zumba Sanctuary</p>
<p align="center">April 14</p> <p>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 – No Program</p>	<p align="center">April 15</p> <p align="center">2:45pm to 3:45pm Strength and Balance Sanctuary</p>	<p align="center">April 16</p> <p align="center">2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary</p>	<p align="center">April 17</p> <p align="center">10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary</p>	<p align="center">April 18</p> <p align="center">NO PROGRAM</p>
<p align="center">April 21</p> <p align="center">NO PROGRAMS</p>	<p align="center">April 22</p> <p align="center">2:45pm - 3:45pm Strength and Balance Sanctuary</p>	<p align="center">April 23</p> <p align="center">2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary</p>	<p align="center">April 24</p> <p align="center">10:00 -12:00pm – Ping Pong & Bocce – Sanctuary 2:45-3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary</p>	<p align="center">April 25</p> <p align="center">1:30pm - 2:30pm Chair Zumba Sanctuary</p>
<p align="center">April 28</p> <p>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</p>	<p align="center">April 29</p> <p align="center">2:45pm - 3:45pm Strength and Balance Sanctuary</p>	<p align="center">April 30</p> <p align="center">2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary</p>		

NOTE: No Programs on the days marked " No programs"