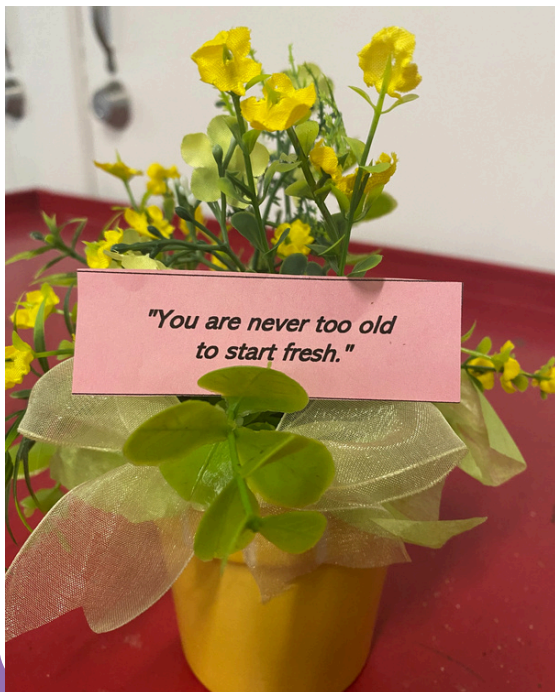


2025 SENIORS DEPARTMENT

**Davenport-Perth**

Neighbourhood and Community Health Centre

# NEWSLETTER



### Art Classes & Mental Wellness

This May, we spotlight the growing importance of creative expression in mental health, especially among our senior community. We're proud to see the strong interest and talent in our weekly Seniors Art Class, held every Tuesday from 10:00 AM to 12:00 PM

**Art has a profound and multi-dimensional impact on seniors' mental, emotional, and even physical well-being. Integrating art classes into senior programs isn't just about creativity—it's about healing, connection, purpose, and joy.**

### Our Programs Supports Mental Health & Emotional Wellness

- Reduces anxiety, stress, and depression: Creating art is calming. It engages the brain in a mindful, meditative way that helps reduce tension and promote emotional release.
- Boosts mood: The act of expressing oneself creatively increases dopamine—the brain's "feel-good" chemical.

### Reflecting on April – Easter Joy & Community Connection

April was a month full of celebration and renewal as we came together to observe the Easter holiday. Seniors enjoyed themed gatherings, engaging discussions, and community bonding moments that highlighted the season of hope and togetherness. Thank you to everyone who joined us and brought warmth to the celebrations!





# ● 2025 SENIORS DEPARTMENT

## Community Highlights

### Cantinho da Amizade – Portuguese Speaking Group (Tuesdays, 1:00–2:30 PM, Basement)

☎ Contact Jessica (Ext. 264)

- Maio 6: Pintar um vaso – Celebração do Dia das Mães
- Maio 13: Criar uma bandeira
- Maio 20: Trivia Jogo
- Maio 27: Círculo de contar histórias

### Donne Insieme – Italian Speaking Seniors (Tuesdays, 1:00–2:30 PM, Perth Hall)

☎ Contact Maria (Ext. 246)

- Maggio 6: Celebriamo Compleanno
- Maggio 13: Tributo alle Mamme
- Maggio 20: Bingo
- Maggio 27: Fisioterapia con Sarah

### Afro-Caribbean Seniors (Wednesdays, 1:00–3:00 PM, Perth Hall)

☎ Contact AJ (Ext. 379)

- May 1: Bingo & Birthdays
- May 8: Mother's Day Celebration
- May 15: Talking with Michelle
- May 22: Nourish & Flourish with Stephanie
- May 29: Physiotherapy with Sarah

### Club Amistad – Spanish Speaking Seniors (Thursdays, 1:00–2:30 PM, Sanctuary)

☎ Contact Dolores (Ext. 262)

- Mayo 1: Bingo
- Mayo 8: Día de las Madres
- Mayo 15: Presentación: Mente Sana, Cuerpo Sano with Lupita Gallegos
- Mayo 22: Conversaciones que construyen
- Mayo 29: Karaoke y cumpleaños

### 🎵 Aspire Choir – Music for the Soul

Every Monday in May (May 6, 13, 20, 27)

🕒 3:45 PM – 4:45 PM | 📍 Perth Hall

☎ Contact Maria (Ext. 246)



Davenport-Perth Neighbourhood Community Health Centre

Seniors Newsletter | May 2025

📍 1900 Davenport Road, Toronto, ON

☎ 416-656-8025



## 2025 SENIORS DEPARTMENT

This month is also filled with wonderful weekly activities—from Bingo and group discussions to community storytelling, music, and cultural celebrations across our diverse language groups including Portuguese, Spanish, Italian, and Afro-Caribbean seniors. Be sure to check the full calendar or contact your group facilitator for details.

### ☀️ Summer is here—and we're ready!

We've planned exciting trips for our seniors, including a special visit to High Park on May 7 to see the **cherry blossoms (weather permitting)**. This is just the beginning—more outings are being scheduled to help you enjoy nature, stay active, and connect with friends. Let's celebrate this season of new beginnings with creativity, movement, and joy. As always, our community remains a space where you are seen, valued, and supported.

### The Seniors Program Team

✉️ Want the monthly calendar in your inbox? Call 416-656-8025 Ext. 262 to sign up.



Davenport-Perth Neighborhood Community Health  
Centre For more Information, Call Mariela Soto  
Program Manager

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