

FEBRUARY 2023



Program Calendar — Seniors' Services
 Davenport-Perth Neighbourhood Community Health Center
 1900 Davenport Road — 416.656.8025

Davenport-Perth
 Neighbourhood and Community Health Centre



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY 6, 13, 20 & 27</p> <p>Spanish Conversation 3:00pm - 4:00pm - Garden room Contact Dolores for more info: 416.656.8025 x 262</p> <p>NO PROGRAM ON FEB 20TH (FAMILY DAY)</p>  <div data-bbox="174 1141 680 1336" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Please check out our FITNESS CALENDAR as well</p> </div> 	<p>FEBRUARY 7, 14, 21 & 28</p> <p>Seniors' Art "Colour My World" with Tania and Mariana SANCTUARY Feb 7 – April 25 9:30 am — 12:30pm Contact Dolores for more info: 416.656.8025 x 262</p> <p>Donne Insieme Italian Speaking Seniors 1pm-2:30 pm Perth Hall Contact Maria 416.656.8025 x 246</p> <p>Feb 07 Dance yoga con Monica Feb 14 Festa Innamorati Feb 21 Arteterapia Feb 28 Black Month Celebration</p> <p>Cantinho da Amizade Portuguese Speaking Group 1:00pm - 2:30pm - Basement Contact Sofia for more info: 416.656.8025 x 379</p> <p>Feb 07 Bingo Feb 14 Festa de S. Valentim Feb 21 Black History month Feb 28 Mês do Coração</p> <p>Aspire Choir 3:45 pm to 5:00 pm Sanctuary Contact Maria 416.656.8025 x 246</p> <p>(NO CHOIR ON FEB 14TH)</p>	<p>FEBRUARY 1, 8, 15 & 22</p> <p>Art Therapy with Jodi Crawford February 8th — March 29th 10:00 am — 12:00 pm Basement Contact Dolores for more info: 416.656.8025 x 262</p> <p>Wellness English Speaking Seniors 1:00 pm – 2:30 pm - Basement Contact Dolores for more info: 416.656.8025 x 262</p> <p>Feb 01 Bingo Feb 08 Event (ACTIVE MEMBERS ONLY) Feb 15 Banner Project with Textile Museum Feb 22 Black History Presentation</p> <div data-bbox="1299 1302 1765 1776" style="border: 1px solid black; border-radius: 15px; background-color: #4a86e8; color: white; padding: 10px; text-align: center;">  <p>Join us on Facebook! @DPNCHC SENIORS PROGRAM</p> </div>	<p>FEBRUARY 2, 9, 16 & 23</p> <p>Knitting & Sewing 10:00am - 12:00pm - Perth Hall Contact Dolores for more info: 416 656-8025 x 262 (NO KNITTING & SEWING FEB 23RD)</p> <p>African-Caribbean Social Network 1:30 pm – 3:00 pm - Perth Hall Contact Mariela for more info: 416.656.8025 x 263</p> <p>Feb 02 Dominoes & Black History Month Presentation Feb 09 Health Presentation Feb 16 PopFit with AJ Feb 23 Black Month History Celebration</p> <p>Club Amistad Spanish Speaking Seniors 1:00pm -2:30pm – Sanctuary Contact Dolores for more info: 416.656.8025 ext. 262</p> <p>Feb 02 Arte -2nds Sesion Arpilleras Feb 09 Arte 3era. Sesion Arpilleras Feb 16 Evento - Para miembros activos solamente Feb 23 Presentacion "Mes de la Historia Negra"</p>	<p>FEBRUARY 3, 10, 17 & 24</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</p>

SENIORS' FITNESS CLASSES – * FEBRUARY *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 2:30 – 3:30pm – <i>Chair Zumba</i> <u>Sanctuary</u> 4 – 5:30pm - <i>Men's Ping Pong</i> **** MEN ONLY ****	2 11- 12 pm - <i>Chair Dance Yoga</i> <u>Sanctuary</u> 3 – 4 pm – <i>Line Dancing</i> <u>Sanctuary</u>
6 9:30 – 10:30am – <i>Walk Fit 55+</i> <i>JJP - Indoor</i> 11 – 12 pm – <i>Chair Yoga</i> <u>Sanctuary</u> 1 -3 pm – <i>Ping Pong & Bocce</i> <u>Sanctuary</u>	7 2:30 – 3:30pm <i>Zumba Get Fit</i> <u>Sanctuary</u>	8 2:30 – 3:30pm – <i>Chair Zumba</i> <u>Sanctuary</u> 4 – 5:30pm - <i>Men's Ping Pong</i> **** MEN ONLY ****	9 11- 12 pm – <i>Chair Dance Yoga</i> <u>Sanctuary</u> 3 – 4 pm – <i>Line Dancing</i> <u>Sanctuary</u>
13 9:30 – 10:30am – <i>Walk Fit 55+</i> <i>JJP - Indoor</i> 11 – 12 pm – <i>Chair Yoga</i> <u>Sanctuary</u> 1 -3 pm – <i>Ping Pong & Bocce</i> <u>Sanctuary</u>	14 2:30 – 3:30pm <i>Zumba Get Fit</i> <u>Sanctuary</u>	15 2:30 – 3:30pm – <i>Chair Zumba</i> <u>Sanctuary</u> 4 – 5:30pm - <i>Men's Ping Pong</i> **** MEN ONLY ***	16 11- 12 pm – <i>Chair Dance Yoga</i> <u>Sanctuary</u> 3 – 4 pm – <i>Line Dancing</i> <u>Sanctuary</u>
20 <u>FAMILY DAY</u> ***NO CLASSES***	21 2:30 – 3:30pm <i>Zumba Get Fit</i> <u>Sanctuary</u>	22 2:30 – 3:30pm – <i>Chair Zumba</i> <u>Sanctuary</u> 4 – 5:30pm - <i>Men's Ping Pong</i> **** MEN ONLY ****	23 <u>NO CHAIR DANCE YOGA</u> 3 – 4 pm – <i>Line Dancing</i> <u>Sanctuary</u>
27 9:30 – 10:30am – <i>Walk Fit 55+</i> <i>JJP - Indoor</i> 11 – 12 pm – <i>Chair Yoga</i> <u>Sanctuary</u> 1 -3 pm – <i>Ping Pong & Bocce</i> <u>Sanctuary</u>	28 2:30 – 3:30pm <i>Zumba Get Fit</i> <u>Sanctuary</u>		