

August 2024

SENIORS' SERVICES PROGRAM CALENDAR



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

AUG: 05,12,19,26

NO PROGRAMS ON 05 AUG - CENTER CLOSED FOR CIVIC DAY 2024

INTERMEDIATE ENGLISH (10 WEEKS) CONVERSATION CLASSES

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

NO CLASSES ON MONDAY AUGUST 26

SPANISH CONVERSATION

Introduction to Spanish for English speakers with Cesar 3pm - 4pm - Garden Room
For more information contact Mariela: 416.656.8025 x 263

AUG: 06,13,20,27

EXPRESSIVE ART THERAPY WITH PRISCILLA DIAZ - FULL, NO DROP-IN. 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

Agosto 06: karaoke E jogos/Danca/

Agosto 13:Apresentacao: Saude e bem estar

Agosto 20:Apresentacao: Cerebro Saudavel

Agosto 27:Patrimonio Caribenho/ Bingo

DONNE INSIEME: ITALIAN SPEAKING SENIORS: 1pm- 2:30pm

@Perth Hall. Contact Maria 416.656.8025/246

Aug 06: Discussione con Maria

Aug 13: Bingo

Aug 20:Gita Earls court Park.

Aug 27: Patrimonio Caribico Cantiamo Insieme/

ASPIRE CHOIR REHARSALS – 4PM– 5PM @PERTH HALL. Contact Maria 416.656.8025/246

AUG: 07,14,28

COMPUTER CLASSES

10:00am–12 pm –Perth Hall
Contact Lucy :416.656.8025 x247

HAPPY & EMPOWERED GROUP- ENGLISH SPEAKING SENIOR

1pm-2.30pm Perth Hall Dolores 416.656.8025 x 262

Aug 7: Bingo

Aug 14: Embracing Caribbean Heritage-Caribana

Aug 21: Wasaga Beach Trip – Member priority

Aug 28: Pot luck and backyard games

No programs on August 21– Seniors' trip - ONLY for registered active members

AUG 01,08,15,22,29

KNITTING & SEWING 10am - 12pm
Perth Hall: Dolores 416 656-8025 ext. 262
NO PROGRAM ON AUGUST 22

AFRO- CARIBBEAN SENIORS

1pm – 3pm - Perth Hall - Contact AJ & Lucy 416 656-8025 ext. 379 or 247

AUG 01: Caribana Planning

AUG 08: Mindfulness Workshop Michelle Nicholls

AUG 15: Mindfulness Workshop Michelle Nicholls

AUG 22: Caribana Celebration

AUG 29: Bingo and Birthdays

CLUB AMISTAD SPANISH SPEAKERS 1-2:30PM—SANTUARIO

Contact Dolores 416 656-8025x262

Agosto 01: Compartimiento de comida / potluck

Aug 08: Conversación en grupo – Cómo interpretamos lo que nos pasa?

Agosto15: Herencia Caribeña-Caribana

Agosto 22: Bingo

Agosto 29: Karaoke y cumpleaños

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

AUG: 02,09,16,23,30

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







Join us on Facebook @DPNCHC SENIORS PROGRAM

YouTube
FOLLOW US ON YOUTUBE @DPNCHCSENIORS



SENIORS' FITNESS CLASSES – **AUGUST 2024***

For more information Call **Sofia Valente at 416 656 8025 ext. 264**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scan this QR Code for our programs 			August 01 11:00 -12:30pm – Ping Pong & Bocce – <u>Sanctuary</u> 2:45-3:30 pm Latin Fit - <u>Sanctuary</u> 3:30 – 4:15 pm – Line Dancing – <u>Sanctuary</u>	August 02 1:30 pm-2:30 pm Chair Zumba Perth Hall
August 05 NO CLASSES- CENTER CLOSED FOR CIVIC HOLIDAY 	August 06  2:45pm to 3:45pm Strength and Balance Perth Hall	August 07 9:30 am-10:30 - Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:45-3:45pm–Dance Fitness Perth Hall	August 08 11:00 -12:30pm – Ping Pong & Bocce – <u>Sanctuary</u> 2:45-3:30 pm Latin Fit - <u>Sanctuary</u> 3:30 – 4:15 pm – Line Dancing – <u>Sanctuary</u>	August 09 1:30 pm-2:30 pm Chair Zumba Perth Hall
August 12 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia 11:00 - 12pm Gentle Body Connection-Sanctuary 1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u>	August 13 2:45pm to 3:45pm Strength and Balance Perth Hall	August 14 9:30am-10:30- Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:45-3:45pm–Dance Fitness Perth Hall	August 15 11:00 -12:30pm Ping Pong & Bocce – <u>Sanctuary</u> 2:45-3:30 pm Latin Fit - <u>Sanctuary</u> 3:30 – 4:15 pm – Line Dancing – <u>Sanctuary</u>	August 16 1:30 pm-2:30 pm Chair Zumba Perth Hall
August 19 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia 11:00 - 12pm Gentle Body Connection-Sanctuary 1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u>	August 20  2:45 pm to 3:45 pm Strength and Balance Perth Hall	August 21 2:45-3:45pm–Dance Fitness Perth Hall	August 22 11:00 -12:30pm Ping Pong & Bocce – <u>Sanctuary</u> 2:45-3:30 pm Latin Fit - <u>Sanctuary</u> 3:30 – 4:15 pm – Line Dancing – <u>Sanctuary</u>	August 23 1:30 pm-2:30 pm Chair Zumba Perth Hall
August 26 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia CLASSES CANCELLED 11:00 - 12pm Gentle Body Connection-Sanctuary 1:00-3:00 pm – Ping Pong & Bocce – <u>Sanctuary</u>	August 27 2:45 pm to 3:45 pm Strength and Balance Perth Hall	August 28 9:30 am-10:30- Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:45-3:45pm–Dance Fitness Perth Hall	August 29 11:00 -12:30pm Ping Pong & Bocce – <u>Sanctuary</u> 2:45-3:30 pm Latin Fit - <u>Sanctuary</u> 3:30 – 4:15 pm – Line Dancing – <u>Sanctuary</u>	August 30 1:30 pm-2:30 pm Chair Zumba Perth Hall

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