



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 6, 20, 27	October 7, 14, 21, 28	October 1, 8, 15, 22, 29	October 2, 9, 16, 23, 30	October 3, 10, 17, 24, 31
<u>INTERMEDIATE ENGLISH CONVERSATION</u> Garden Room - 12:30 pm -2:00 pm Contact Dolores 416 656 8025 Ext 262 Center closed on the 13th	<u>CANTINHO DA AMIZADE</u> Portuguese Speaking group 1 pm -2:30 pm Basement Contact: Marcus 416 656 8025 Ext 264 Outubro 7 - Contos e Histórias Outubro 14 - Pesquisa do Centro Outubro 21 - Aula de Arte com Norend e Estefany Outubro 28 - Festa à Fantasia do DPNCHC	<u>TEXTURED ART</u> Start date to be Announced 10 am - 12 pm Perth Hall 8-weekS program Limited Space Contact Mariela 416 656-8025 ext. 263	<u>KNITTING & SEWING- Perth Hall</u> 10:00 am - 12:00 pm Contact Dolores 416656 8025 Ext 262 October 23 CANCELED	You Tube FOLLOW US ON YOUTUBE
<u>SPANISH CONVERSATION</u> 2:30pm - 4:00 pm Garden's room 416 656 8025 Ext 262 Center closed on the 13th	<u>DONNE INSIEME: 1:00pm - 2:30pm</u> <u>Italian Speaking Seniors Perth Hall</u> 416 656-8025 Ext 246 Ottobre 7 - Sessione di lavoro il libro Ottobre 14 - Bingo Ottobre 21 - DPNCC Sondaggio Ottobre 28- Festa in Maschera -Halloween	<u>HAPPY & EMPOWERED GROUP</u> <u>English Speaking Seniors</u> 1:00pm - 2:30pm Perth Hall Contact Dolores 416656 8025 Ext 262 Oct. 1 - Survey + Oct. 8 - Brain Fitness Oct. 15 - Group dynamics Oct. 22 - Autum Crafts Oct. 29 - Bingo	<u>AFRO-CARIBBEAN SENIORS</u> 1:00 pm - 3:00 pm - Perth Hall Contact AJ 416 656 8025 Ext 379 October 2 - Honey: How do we empower ourselves & DPNCHC survey October 9 - Blood Pressure Clinic October 16 - Drumming with Nigel October 23 - Brain Heath -Michele October 30 - 3rd AC year Anniversary Potluck	Facebook please check our FITNESS CALENDAR for more activities FOLLOW
Sign up to receive the seniors monthly calendar in your email Register by Contacting 416 656- 8025 Ext 262	<u>Masquerade Party</u> <u>October 28</u> Contact Seniors Services 416 656-8025	<i>October is a symphony of permanence and change.</i>	<u>CLUB AMISTAD 1-2:30pm</u> <u>Spanish Speaking Seniors</u> Sanctuary Dolores 416656 8025 Ext 262 Octubre 2 -Bingo Octubre 9 -Dinamica de Grupo Octubre 16- Navegando el sistema de Salud Octubre 23- Encuesta de Davenport Octubre 30- Cumpleanos y Bingo	
	Aspire Choir in Perth Hall Contact 416 656 8025 ext. 246 Tuesday 3:45 pm - 4:45 pm			

SENIORS’ FITNESS CLASSES - September 2025 For more information call Mariela at 416 656 8025 ext. 263

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 1 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	October 2 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	October 3 1:30pm - 2:30pm Chair Zumba Sanctuary
October 6 9:30 am – 10:30 am – Walk Fit 55+ Indoor- JJP 1369 St Clair Ave W, CANCELED Mindful Harmony Fitness CANCELED – Ping Pong & Bocce	October 7 2:45pm - 3:45pm Strength and Balance Sanctuary	October 8 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	October 9 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	October 10 1:30pm - 2:30pm Chair Zumba Sanctuary
October 13 Thanksgiving CENTER CLOSED	October 14 2:45pm - 3:45pm Strength and Balance Sanctuary	October 15 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	October 16 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	October 17 1:30pm - 2:30pm Chair Zumba Sanctuary
October 20 9:30 am – 10:30 am – Walk Fit 55+ Indoor- JJP 1369 St Clair Ave W, 11:00 am - 12 pm Mindful Harmony Fitness-Sanctuary 1:00 pm -3:00 pm – Ping Pong & Bocce – Sanctuary	October 21 2:45pm - 3:45pm Strength and Balance Sanctuary	October 22 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	October 23 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	October 24 1:30pm - 2:30pm Chair Zumba Sanctuary
October 27 9:30 am – 10:30 am – Walk Fit 55+ Indoor- JJP 1369 St Clair Ave W, 11:00 am - 12 pm Mindful Harmony Fitness-Sanctuary 1:00 pm -3:00 pm – Ping Pong & Bocce – Sanctuary	October 28 NO FITNESS Masquerade Party's Dance Presentation	October 29 2:45pm - 3:45pm Joint Mobility and Stretching Sanctuary	October 30 10:00am -12:00pm – Ping Pong & Bocce – Sanctuary 2:45 - 3:30pm Latin Fit -Sanctuary 3:35 - 4:15pm – Line Dancing – Sanctuary	October 31 1:30pm - 2:30pm Chair Zumba Sanctuary