

May 2024

SENIORS' SERVICES PROGRAM CALENDAR



Monday

MAY: 06,13,27

May 20th –Center closed for Victoria Day

INTERMEDIATE ENGLISH

Conversational Empowerment for Seniors'
THEME: Stay informed, stay engaged Dialogues on current events
 1:00-2.30pm
 Florrie's Room –
 Contact Dolores 416 656-8025X262

Sign up to receive the Seniors' Monthly Calendar in your email Register with Lucy at lkamau@dpnchc.ca



Tuesday

MAY: 07,14,21,28

ART PROJECT WITH M.A.M.C
 10:0am –12.00 pm –Basement
 Contact Lucy 416.656.8025 x247
CLASS FULL– NO DROP INS

CANTINHO DA AMIZADE PORTUGUESE SPEAKING SENIORS 1pm-2:30 –Basement : Contact Sofia 416.656.8025 x 264

Maio 7-Dia da Mae-Mandarin
 Maio 14-Apresentacao: Fraude, seguranca online

Maio 21- Apresentacao: Entender as consequencias da medicacao e outras drogas

Maio 28- Bingo e aniversarios

DONNE INSIEME: ITALIAN SPEAKING SENIORS: 1- 2:30pm - Perth Hall -Maria 416.656.8025 x 246

Maggio07-Salute Mentale - Sidonia

Maggio 14-Celebriamo le Mamme

Maggio 21-Abuso Degli Anziani con Agustina

Maggio28- Discussione con Maria

ASPIRE CHOIR REHEARSALS
 3:00 - 4pm Sanctuary Contact Maria 416.656.8025 x 246

Wednesday

MAY: 01,08,15,22,29

COMPUTER CLASSES
 10:00pm –12 pm –Perth Hall
 Contact Lucy :416.656.8025 x247— NO CLASS MAY 29

TEXTILES JOURNALS WORKSHOPS

with Llain Collective, every Wednesday from 10:30-12:30 in the Basement Contact Mariela:416 656-8025 ext. 263 LAST CLASS MAY 22

HAPPY & EMPOWERED GROUP

Seniors 1pm-2pm Basement— Dolores 416.656.8025 x 262



May 01: Mother's day: High Park picnic

May 08: Discussion: Down memory lane

May 15: Craft—Miniature pot Garden

May 22: Bingo

May 29: Spring Fest. 2pm

Thursday

MAY 02,09,16,23,30

KNITTING & SEWING 10am - 12pm
 Perth Hall Dolores 416 656-8025 ext. 262

AFRO- CARIBBEAN SENIORS

1pm – 3pm - Perth Hall
 Contact AJ &Lucy 416 656-8025 x 379/247

May 2: Money Matters workshops

May 9: Mother's Day Celebration

May 16: Drumming with Nigel

May 23: Bingo and Birthdays

May 30: Diabetes Presentation with Maira

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

Contact Dolores 416 656-8025x262
 Mayo 2 : Bingo

Mayo 9 : Mandarin - Día de la Madre

Mayo 16: Manualidades de primavera

Mayo 23: Reacciones Emocionales : Comprender, Identificar y Manejarlas

Mayo 30: Karaoke y cumpleaños

CINEFORUM @ LIBRARY: Last Thursday of every month Dufferin /St Clair branch. 2pm-4pm Maria : 416.656.8025 x 246

Friday

MAY: 03,10,17,24,31

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









Community Festival on May 29th @ 2pm to 7pm All are welcome.

Join us on Facebook @DPNCHC SENIORS PROGRAM

YouTube FOLLOW US ON YOUTUBE @DPNCHCSENIORS

SENIORS' FITNESS CLASSES – MAY 2024* For more information Call Sofia Valente at 416 656 8025 ext. 264

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Scan this QR Code for more information about our programs</p> 		<p>May 01 2:30-3:30pm–Dance Fitness Sanctuary THERE'S NO PROGRAM</p>	<p>May 02 11:00 -12:30pm – Ping Pong & Bocce – Sanctuary 2:30- 3:15 pm Latin Fit -Sanctuary 3:30 – 4:30 pm – Line Dancing – Sanctuary</p>	<p>May 02 1:30 pm-2:30 pm Chair Zumba Sanctuary</p>
<p>May 06 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia 11:00- 12pm Gentle Body Connection- Sanctuary 1-3.00 pm – Ping Pong & Bocce – Sanctuary</p>	<p>May 07  11:30 am to 12:30 Strength and Balance Sanctuary</p>	<p>May 08 9:30-10:30 - Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:30-3:30pm–Dance Fitness Sanctuary</p>	<p>May 09 11:00 -12:30pm – Ping Pong & Bocce – Sanctuary 2:30-3:15 pm Latin Fit -Sanctuary 3:30 – 4:30 pm – Line Dancing – Sanctuary</p>	<p>May 10 1:30 pm-2:30 pm Chair Zumba Sanctuary</p>
<p>May 13 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia 11:00 - 12pm Gentle Body Connection- Sanctuary 1-3.00 pm – Ping Pong & Bocce – Sanctuary</p>	<p>May 14  11:30 am to 12:30 Strength and Balance Sanctuary</p>	<p>May 15 9:30-10:30 - Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:30-3:30pm–Dance Fitness Sanctuary</p>	<p>May 16 11:00 -12:30pm – Ping Pong & Bocce – Sanctuary 2:30-3:15 pm Latin Fit Sanctuary 3:30 – 4:30 pm – Line Dancing – Sanctuary</p>	<p>May 17 1:30 pm-2:30 pm Chair Zumba Sanctuary</p>
<p>May 20 Center closed for Victoria Day</p> 	<p>May 21  11:30 am to 12:30 Strength and Balance Sanctuary</p>	<p>May 22 9:30-10:30- Pole Walking Wadsworth Park-Laughton & Connolly intersection 2:30-3:30pm–Dance Fitness Sanctuary</p>	<p>May 22 11:00 -12:30pm Ping Pong & Bocce – Sanctuary 2:30-3:15 pm Latin Fit -Sanctuary 3:30 – 4:30 pm – Line Dancing – Sanctuary</p>	<p>May 24 1:30 pm-2:30 pm Chair Zumba Sanctuary</p>
<p>May 27 9:30 – 10:30am – Walk Fit 55+ Earslcourt Park intersection Davenport & Caledonia 11:00 - 12pm Gentle Body Connection- Sanctuary 1-3.00 pm – Ping Pong & Bocce – Sanctuary</p>	<p>May 28  11:30 am to 12:30 Strength and Balance Sanctuary</p>	<p>May 29 9:30-10:30- Pole Walking Wadsworth Park-Laughton and Connolly intersection THERE'S NO PROGRAM 2:30-3:30pm- SPRING FESTIVAL Sanctuary</p>	<p>May 30 11:00 -12:30pm – Ping Pong & Bocce – Sanctuary 2:30-3:15 pm Latin Fit -Sanctuary 3:30 – 4:30 pm – Line Dancing – Sanctuary</p>	<p>May 31 1:30 pm-2:30 pm Chair Zumba Sanctuary</p>