

MONDAY

APRIL: 01 08, 15, 22&29
No programs on 1st April (Easter Holiday)

INTERMEDIATE ENGLISH
Conversational Empowerment for Seniors
Starts April 15
1:30-3:0 pm
Perth Hall- Contact Dolores 416 656-8025X262

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



TUESDAY

APRIL: 02,09,16,23,30
DRAWING WORKSHOP WITH PINCELES LATINOS -ART STUDIO
9:30 -12:30 @Sanctuary—Contact Mariela:416 656-8025 ext. 263
LAST CLASS APRIL 30 2024

CANTINHO DA AMIZADE PORTUGUESE SPEAKING SENIORS 1pm-2:30 -Basement : Contact Sofia 416.656.8025 x 264
Abril 02: Filme
Abril 09- Apresentacao: Demencia
Abril 16-Bingos e Aniversarios
Abril 23- Convivio
Abril 30- Apresentacao:Relacoes Abusivas

DONNE INSIEME: ITALIAN SPEAKING SENIORS: 1- 2:30pm - Perth Hall -Maria 416.656.8025 x 246
Aprile 02-Pasquetta
Aprile 09-Relazioni Sane
Aprile 16-Autostima con Maria
Aprile 23 -Per non Dimenticare
Aprile 30-Cantiamo insieme

ASPIRE CHOIR REHEARSALS
3:45- 5pm Sanctuary Contact Maria 416.656.8025 x 246

WEDNESDAY

APRIL:03,10,17,24
COMPUTER CLASSES
10:00pm -12 pm -Perth Hall Contact Lucy : 416.656.8025 x247

TEXTILES JOURNALS WORKSHOPS
with Llain Collective, every Wednesday from 10:30-12:30 in the Basement Contact Mariela:416 656-8025 ext. 263

WELLNESS PROGRAM: ENGLISH SPEAKING
Seniors 1pm-2pm Basement—Dolores 416.656.8025 x 262
April 03:Easter Crafts
April 10: Bingo
April 17: Brain Health -Sharmishta Anand Access Alliance
April 24:Group Discussion

THURSDAY

APRIL 04,11,18,25
KNITTING & SEWING 10am - 12pm
Perth Hall Dolores 416 656-8025 ext. 26262.

AFRO- CARIBBEAN SENIORS
1pm - 3pm - Perth Hall
Contact AJ &Lucy 416 656-8025 x 379/247
April:04: Healthy Relationships vs. Toxic Relationships- Family Service
April11: Bingo and Birthdays
April:18:Program Feedback
April:25: Money Matters with ABC Literacy

CLUB AMISTAD SPANISH SPEAKING SENIORS 1-2:30PM—SANTUARIO
Contact Dolores 416 656-8025x262
Abril 04:Fraude y prevención -Linda Velásquez
Abril 11: Tarde de karaoke
Abril 18:Fomentando una Actitud Constructiva
Abril 25: Bingo

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



FRIDAY

APRIL: 05,12,19,26
Please check our **FITNESS CALENDAR** For more activities (ON THE BACK)

Join us on Facebook @DPNCHC SENIORS PROGRAM

FOLLOW US ON YOUTUBE @DPNCHCSENIORS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April 01</p> <p>No classes- CENTRE CLOSED Easter Monday Holiday</p>	<p>April 02</p> <p> 2:30 – 3:30 pm Strength and Balance <u>Sanctuary</u></p>	<p>April 03</p> <p>2:30- 3:30 – Dance Fitness <u>Sanctuary</u></p>	<p>April 04</p> <p>10:00 am -11:30 – Ping Pong & Bocce – <u>Sanctuary</u> 2:45- 3:30 pm Latin Fit -<u>Sanctuary</u> 3:30 – 4:30 pm – Line Dancing – <u>Sanctuary</u></p>	<p>April 05</p> <p>1:30 pm-2:30 pm Chair Zumba <u>Sanctuary</u></p>
<p>April 08</p> <p>9:30 am– 10:30am – Walk Fit 55+ Joseph J. Piccininni – <u>Indoor</u></p> <p>11:00am - 12pm Gentle Body Connection- <u>Sanctuary</u></p> <p>1-3 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>April 09</p> <p> 2:30 – 3:30 pm Strength and Balance <u>Sanctuary</u></p>	<p>April 10</p> <p>2:30- 3:30 – Dance Fitness <u>Sanctuary</u></p>	<p>April 11</p> <p>10:00 am -11:30 – Ping Pong & Bocce – <u>Sanctuary</u> 2:45- 3:30 pm Latin Fit -<u>Sanctuary</u> 3:30 – 4:30 pm – Line Dancing – <u>Sanctuary</u></p>	<p>April 12</p> <p>1:30 pm-2:30 pm Chair Zumba <u>Sanctuary</u></p>
<p>April 15</p> <p>9:30 am– 10:30am – Walk Fit 55+ Joseph J. Piccininni – <u>Indoor</u></p> <p>11:00am - 12pm Gentle Body Connection- <u>Sanctuary</u></p> <p>1-3 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>April 16</p> <p> 2:30 – 3:30 pm Strength and Balance <u>Sanctuary</u></p>	<p>April 17</p> <p>2:30- 3:30 – Dance Fitness <u>Sanctuary</u></p>	<p>April 18</p> <p>10:00 am -11:30 – Ping Pong & Bocce – <u>Sanctuary</u> 2:45- 3:30 pm Latin Fit <u>Sanctuary</u> 3:30 – 4:30 pm – Line Dancing – <u>Sanctuary</u></p>	<p>April 19</p> <p>1:30 pm-2:30 pm Chair Zumba <u>Sanctuary</u></p>
<p>April 22</p> <p>9:30 am– 10:30am – Walk Fit 55+ Joseph J. Piccininni – <u>Indoor</u></p> <p>11:00am - 12pm Gentle Body Connection- <u>Sanctuary</u></p> <p>1-3 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>April 23</p> <p> 2:30 – 3:30 pm Strength and Balance <u>Sanctuary</u></p>	<p>April 24</p> <p>2:30- 3:30 – Dance Fitness <u>Sanctuary</u></p>	<p>April 25</p> <p>10:00 am -12:30 – Ping Pong & Bocce – <u>Sanctuary</u> 2:45- 3:30 pm Latin Fit -<u>Sanctuary</u> 3:30 – 4:30 pm – Line Dancing – <u>Sanctuary</u></p>	<p>April 26</p> <p>1:30 pm-2:30 pm Chair Zumba <u>Sanctuary</u></p>
<p>April 29</p> <p>9:30 am– 10:30am – Walk Fit 55+ Joseph J. Piccininni – <u>Indoor</u></p> <p>11:00am - 12pm Gentle Body Connection- <u>Sanctuary</u></p> <p>1-3 pm – Ping Pong & Bocce – <u>Sanctuary</u></p>	<p>April 30</p> <p> 2.30 -3.30pm Strength and Balance <u>Sanctuary</u></p>			