



November 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Computer Creations 11:30am-12:30pm Knit & Chat 1-3pm Beginner's Poker 1:30-3:30pm Sweet Talk: Enbridge's Home Winter-Proofing Program 1-2pm	2 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
5 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	6 Tamil Social	7 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm Mobile Food Market at 10 Gower Street 5-6:15pm	8 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Computer Creations 11:30am-12:30pm Knit & Chat 1-3pm Beginner's Poker 1:30-3:30pm	9 Trip: The Royal Winter Fair Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
12 Gentle Fitness 9:15- 10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm November Lunch Out: Hamish's Kitchen 12-2pm	13 Tamil Social	14 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm Mobile Food Market at 10 Gower Street 5-6:15pm	15 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Computer Creations 11:30am-12:30pm Knit & Chat 1-3pm Beginner's Poker 1:30-3:30pm	16 Movie Trip 12-4pm Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
19 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	20 Tamil Social	21 Yoga 9:30-10:30am Foot Clinic 11am-1pm Euchre 12-4pm Mobile Food Market at 10 Gower Street 5-6:15pm	22 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Computer Creations 11:30am-12:30pm Knit & Chat 1-3pm Beginner's Poker 1:30-3:30pm	23 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
26 Gentle Fitness 9:15- 10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Bingo 1-3pm	27 Tamil Social English Committee Meeting 10-11am	28 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm Mobile Food Market at 10 Gower Street 5-6:15pm	29 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Knit & Chat 1-3pm Beginner's Poker 1:30-3:30pm Computer Class (Basic) 1-2pm Movie: Inn of the 6th Happiness 1-3pm	30 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<ul style="list-style-type: none"> • Programs are at 2 Gower Street unless otherwise noted • Special events are indicated in red. 				

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

SPECIAL EVENTS

Sweet Talk: Enbridge's Home Winterproofing Program:

Nov 1 1-2pm. Come out to our November Sweet Talk hosted by Enbridge. Find out if you are eligible for their FREE winterproofing program.

November Lunch Out: Nov 12 12-2pm. Join us at Hamish's Kitchen (95 Lebovic Avenue) for a lunch out!

Please note: No transportation will be arranged. If you wish to use our Harmony Hall transportation please call our Transportation Office at 416-752-8868 and book your ride as early as possible.

Movie Trip to the TIFF Bell Lightbox

Nov 16 12-4pm. Movie: Autumn Leaves
Cost: Free (includes roundtrip transportation) Only 14 spots available. First come first served.

Foot Clinic: Nov 21 11am-1pm A medical professional will help you with cutting, trimming and filing your toenails. Note: We don't do corns or ingrown toenails. We don't serve clients with contagious or infectious problems on their feet.

Fall Prevention This 9 week physiotherapist-led exercise program aims to help make you stronger, improve your balance, and prevent you from falling. Each week you will get tips on how

to prevent future falls. Cost: Free, space is limited, pre-registration required.

HEALTH AND WELL-BEING

Yoga - "Hatha Yoga". Is based on Asana (posture) and Pranayama (breathing). If you have your own yoga mat bring it or you can use Harmony Hall's mat. If you have a problem sitting low to the ground you are able to perform these moves while seated on a chair. Ongoing, Free

Line Dancing - Joint Activity Fridays 10:30-11:30am. Ongoing, \$10 for 10 classes

Gentle Fitness - Designed to improve, range of motion, balance and strength to allow participants to complete daily movements with confidence. This class is ideal for those new to exercise, with joint problems or limited mobility. Ongoing, Free

Tai Chi - Joint activity. An art of embracing the mind, body and spirit, Tai Chi is one of the most effective exercises for the health of the mind and body. Ongoing, Free

SPECIAL INTEREST CLASSES

Computer Class - Learn how to make photo collages, create posters, use Microsoft publisher and voice your story through design.

Knit & Chat - Learn a new hobby and socialize with likeminded people. All you have to do is bring some yarn, a pair of knitting needles or a hook. Thursdays from

1-3pm. All skill levels welcome! Must be a member of Harmony Hall.

Poker - Poker is a family of card games involving betting and individual play, whereby the winner is determined by the ranks and combinations of player's cards. It is a strategy game, but also very social.

Beginner's Euchre - Free lessons with an instructor

Chess Drop-In - The Chess Club provides an exciting opportunity to play against other members. Free lessons with an instructor.

Euchre - We are a group of seniors who enjoy a game of cards. If you like to play cards and enjoy a cup of tea and are interested in making new friends. We are looking for new members!

Bingo - Nov 26th 1-3pm Cost: \$1 per card Refreshments will be provided. Please register early.

Cribbage - Cribbage, or crib, is a card game traditionally for two players but commonly played with three, four or more. It involves playing and grouping cards in combinations which gets points.

Snooker - Looking for new players

Bead Class - Joint activity- \$4 per class or \$12 per month (Materials not included)