



Seniors Active Living Centre English Program

Crescent Town Club
2A The Marketplace
Contact: (416) 752-0101

November, 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Computer Class (Basic) 1-2pm Knit & Chat 1-3pm	2 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
5 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	6 Tai Chi 9:30-10:30am	7 Yoga 11:30am-12:30pm	8 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Computer Class (Basic) 1-2pm A Showcase of Knitting, Crochet and More 12:30- 2:30	9 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
12 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	13 Tai Chi 9:30-10:30am	14 Yoga 11:30am-12:30pm	15 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Computer Class (Basic) 1-2pm Knit & Chat 1-3pm	16 Tai Chi 9:30-10:30am Book Club 11am-12pm Yoga 11:30am-12:30pm
19 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	20 Tai Chi 9:30-10:30am	21 Yoga 11:30am-12:30pm	22 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Computer Class (Basic) 1-2pm Knit & Chat 1-3pm	23 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
26 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	27 Tai Chi 9:30-10:30am	28 Yoga 11:30am-12:30pm	29 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Computer Class (Basic) 1-2pm Knit & Chat 1-3pm	30 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
<ul style="list-style-type: none"> • Programs are at Crescent Town Club - 2A The Marketplace unless otherwise noted • HH - Harmony Hall Centre for Seniors, 2 Gower Street • Special events are indicated in red. 				

PROGRAM DESCRIPTIONS

For more information call (416) 752.0101

SPECIAL EVENTS

A Showcase of Knitting, Crochet and More - Nov 8 12:30-2:30pm.

Join us for a great afternoon in celebration of the humble ball of yarn, an afternoon of inspiration, imagination, and the enthusiastic company of artists whose tools are needle and hook. This event will feature an array of sweaters, hats, scarves, afghans, footwear, cozies, and household items, that must be seen to be believed. Meet our amazing knitters and crocheters to see their creative works, all made with passion and love. Free and open to the public, all are welcome. Refreshments will be provided.

Book Club - Nov 16 11am-2pm. Do you love reading? Looking to meet like-minded individuals? Join our book club! Book club meets third Friday of every month.

HEALTH AND WELL-BEING

Gentle Fitness - Designed to improve cardiovascular flow, 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.

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.

Yoga - Yoga provides health benefits for adults of all ages and fitness levels. Yoga helps increase flexibility and balance. Learn Breath control, simple meditation and the adoption of specific body postures for health and relaxation

SPECIAL INTEREST CLASSES

Computer Class - A basic computer class. No prior knowledge of computers? No problem! All are welcome to advance their knowledge in this class!

Knit & Chat - Are you looking for a place to learn a new hobby and socialize with like-minded people? All you have to do is bring some yarn, a pair of knitting needles or a hook and join us in the Club Room at Crescent Town Club on Thursdays from 1:00-3:00pm. Free of charge! All skill levels Welcome! Must be a member of Harmony Hall.

GETTING TO CRESCENT TOWN CLUB

By Car: Turn West onto Crescent Town Road from Victoria Park Avenue. Turn Right at Massey Square (1st Right). Designated "Market Place Visitors Parking". Take stairs up one flight to "The Market Place".

By TTC: From Victoria Park Subway Station take the "SKYWALK" to Crescent Town Market Place.