



December 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Christmas Tree Decorating 1-3pm	4 Tamil Social	5 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm	6 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm Sweet Talk: The Magic of Empathy by Dan Trommater 2:30-3:30	7 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
10 No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm Christmas Luncheon 12-2:30pm	11 Tamil Social	12 No Yoga Class Chess Drop-in 10am-1pm Euchre 12-4pm	13 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm Movie: White Christmas 1-3pm	14 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
17 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Bingo 1-3pm	18 Tamil Social	19 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm	20 Snooker 9-11am Cribbage 10am-12pm Fall Prevention Program 10-11am Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	21 Chinese Social French Class 10-11am No Line Dancing Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
24 No Gentle Fitness No Beginner's Euchre No Poker	25 OFFICE CLOSED Merry Christmas	26 OFFICE CLOSED	27 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	28 No Chinese Social No French Class No Line Dancing No Bead Class No Tai Chi
31 No Gentle Fitness 10:00-11:30 Beginner's Euchre No Poker				

- 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: The Magic of Empathy presented by Dan Trommater

Dec 6th 2:30-3:30pm. Join us for a fun and interactive exploration of the power of empathy. Dan is a speaker, workshop facilitator and a professional magician. In this session, he will challenge your assumptions and help you shift your perspective for the better. He'll use magic, stories and optical illusions to create a fun and powerful experience.

Christmas Tree Decorating

Dec 3rd 1:00-3:00 pm. Please join us for our annual Christmas tree decorating at Harmony Hall. To get into the Holiday spirit as well as share a laugh or two. It is a chance to use your creativity and add a personal touch to the tree.

Christmas Luncheon

Dec 10th 12:00-2:30pm. Join us for our annual Christmas Luncheon. Cost: \$5 for first 50 people, and \$10 after (Non-members Welcome). Deadline to register: Monday December 3rd. To register please call Selvy at 416-752-0101 ext.224

Movie: White Christmas

Dec 13th 1:00-3:00pm. A pair of big time musical producers, and former soldiers, meet a pair of singing sisters. The sisters are heading to Vermont to perform in a local Inn. The producers join them, and

together they travel a twisting road of romance, misunderstandings, loyalty, and snow.

Potluck Luncheon

Dec 20th 12:30-3:00 pm. Join us at Crescent Town in the Club Room to celebrate the holidays. Note: All members MUST bring a dish. If you have any food allergies or sensitivities, please inform the staff when you register. To register please call Selvy or Ariana at 416-752-0101

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". It 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. Come and try it, you will love it.

Ongoing, Free

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

Gentle Fitness Mondays 9:15-10:15am
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 Fridays 1:15-2:15pm. Tai Chi is an art of embracing the mind, body and spirit; It is one of the most effective exercises for the health of the mind and body.

Ongoing, Free

SPECIAL INTEREST CLASSES

Knit & Chat This activity for you to 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 1:00-3:00pm. Free of charge! 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 combines strategic challenges with psychological elements. With poker, you don't play just your cards, you also need to analyze and react to your opponents. It is a strategy game, but also a very social, human game.

Beginner's Euchre Mondays 10:00-11:00am
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

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

Euchre We are a group of seniors who enjoy a game of cards. We welcome new people to come out and join us. It has been said "I come for a cup of tea and friendship", so come out and give us a try 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 Dec 17th 1:00pm-3:00pm

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)

Client Intervention Assistance

We help out members to identify their challenges and provide referrals and service coordination. We assist in completing forms, making applications for various services and programs.

If we can't HELP we will find someone who can.

FREE FITNESS CLASSES AROUND TOWN

Free Gentle Fitness Classes offered at these locations. Registration required.

Call instructor Jose Balba 647-882-8778

Access Alliance, 3079 Danforth Avenue

Tuesday and Thursday

9:00am -10:00am

Byng Towers, 3330 Danforth Avenue

Wednesday and Friday 11:00am- 12:00pm

682 Warden

Monday and Thursday 3:00pm-4:00pm

40 Firvalley

Monday and Thursday 4:00pm-5:00pm

444 Lumsden

Monday and Saturday 3:00pm-4:00pm

Changes to Annual Membership Year

Please be advised that we have made a small change to our annual membership year.

The financial year of South Riverdale/Harmony Hall is April 1st to March 31st. Therefore it is natural and more efficient if our membership year matches the same dates.

Starting next year, Membership will run from April to March, instead of September to August.

This means that this September members will only pay for half (\$7.50) of the year, so membership ends in March. We will hold our Membership renewal next April at the regular annual fee of \$15.00.

Members who have already paid the full fee this year will pay the \$7.50 in April.

Thanks to all our members, who make Harmony Hall a very special place.

Program Membership Benefits

- A variety of free drop-in recreational activities and classes
- Peer Support
- The opportunity to contribute towards program development
- Client Intervention Assistance
- Exposure to a multicultural environment and diverse staff
- Opportunity to apply to be a corporate member