



Seniors Active Living Centre English Program

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

December 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	4 Tai Chi 9:30-10:30am	5 Yoga 11:30am -12:30pm	6 Tai Chi 9:30-10:30 Gentle Fitness 11am-12pm Basic Computer 1-2pm Knit & Chat 1-3pm	7 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
10 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	11 Tai Chi 9:30-10:30	12 Yoga 11:30am-12:30pm	13 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Basic Computer 1-2pm Knit & Chat 1-3pm	14 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
17 Tai Chi 9:30-10:30am	18 Tai Chi 9:30-10:30	19 Yoga 11:30am-12:30pm	20 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Potluck Lunch 12:30-3pm Basic Computer 1-2pm	21 Tai Chi 9:30-10:30am No Book Club Yoga 11:30am-12:30pm
24 Tai Chi 9:30-10:30am No Gentle Fitness	25 Office Closed Merry Christmas	26 Office Closed	27 Tai Chi 9:30-10:30am No Gentle Fitness Basic Computer 1-2pm Knit & Chat 1-3pm	28 Tai Chi 9:30-10:30am No Yoga Class
31 Tai Chi 9:30-10:30am No Gentle Fitness				

- 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

Potluck Lunch: Dec 20th 12:30-3:00pm.
Join us in the Club Room for a potluck lunch to celebrate the Holidays!!!

Note: All participants **MUST** bring a dish. If you have any food allergies or food sensitivities, please inform staff when you register.

To register please call Selvy or Ariana at 416-752-0101

Deadline to Register: December 13th

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

Join us every Thursday from 1-2pm for a basic computer class. No prior knowledge of computers? No problem! All are welcome to advance their knowledge in this class!

Knit & Chat Thursdays 1:00-3:00pm
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.

Crescent Town Club

2A The Market Place. Crescent Town.
Toronto M4C 5M1
416-693-5300