




Seniors Active Living Centre English Program

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

January 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 OFFICE CLOSED 	2 Yoga 11:30am-12:30pm	3 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	4 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
7 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	8 Tai Chi 9:30-10:30am	9 Yoga 11:30am-12:30pm	10 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	11 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
14 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	15 Tai Chi 9:30-10:30am	16 Yoga 11:30am-12:30pm	17 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	18 Tai Chi 9:30-10:30am Book Club 11am-12pm Yoga 11:30am-12:30pm
21 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	22 Tai Chi 9:30-10:30am	23 Yoga 11:30am-12:30pm	24 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	25 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
28 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	29 Tai Chi 9:30-10:30am	30 Yoga 11:30am-12:30pm	31 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	
<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

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

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.

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.

Crescent Town Club

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