

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 <b>Chinese Social</b> <b>No French Class</b> Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
4 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	5 <b>Tamil Social</b>	6 Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	7 Snooker 9-11am Fitness with Maija 10-11am Cribbage 10am-12pm <b>Computer Creations 10-11am</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm <b>Sweet Talk 1-2pm</b> <b>Fall Prevention</b>	8 <b>Chinese Social</b> <b>No French Class</b> Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
11 <b>No Gentle Fitness</b> Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Friendship Day Lunch and Bingo</b> <b>12-2:30pm</b>	12 <b>Tamil Social</b>	13 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	14 Snooker 9-11am Fitness with Maija 10-11am Cribbage 10am-12pm <b>Computer Creations 10-11am</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm <b>Movie: April Love 1-3pm</b>	15 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
18 <b>OFFICE CLOSED</b>  <b>HAPPY FAMILY DAY</b>	19 <b>Tamil Social</b>	20 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	21 Snooker 9-11am Fitness with Maija 10-11am Cribbage 10am-12pm <b>Computer Creations 10-11am</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	22 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
25 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Bingo 1-3pm</b>	26 <b>Tamil Social</b> <b>10:00-11:00am</b> <b>English Committee</b> <b>Meeting</b>	27 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	28 Snooker 9-11am Fitness with Maija 10-11am Cribbage 10am-12pm <b>Computer Creations 10-11am</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	

• 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: Fall Prevention

Thursday, February 7<sup>th</sup>

Time: 1-2pm Cost : \$1

Join this information session to learn about risk factors for fall and strategies to stay active, independent, and strong.

#### Computer Creations

Thursday, Jan 17<sup>th</sup>- Feb 28<sup>th</sup>

Time: 10-11am Cost: Free

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

#### Friendship Day Lunch and Bingo

Monday, February 11<sup>th</sup>

Time: 12:00-2:30pm

Cost: \$9 (members)  
\$10 ( non-members)

**Deadline to pay: Thursday, Feb 7<sup>th</sup>**

Join us to celebrate a day of love and friendship at Harmony Hall. Non-members are welcome.

#### Movie: April Love

Thursday, February 14<sup>th</sup>

Time: 1-2pm Cost: Free

Join us for an afternoon of fun, friendship and movie.

### HEALTH AND WELL-BEING

#### Yoga Wednesdays 9:30-10:30am

“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 Thursdays 1:00-3:00pm

This 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.

Free of charge! All skill levels Welcome! Must be a member of Harmony Hall.

#### Poker Mondays 11:00am—3:00pm

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 Wednesdays 10:30am-1:30pm

The Chess Club provides an exciting opportunity to learn chess and play against other members. Free lessons with an instructor

#### Euchre Wednesdays 12:00-4:00pm

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!

## PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

### **Bingo Last Monday of every month**

1:00-3:00pm

Cost: \$1 per Card. Refreshments will be provided. Please Register Early.

### **Cribbage Thursdays, 10:00am-12:00pm**

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 Thursdays, 9:00-11:00am**

Looking for new players

### **Bead Class Fridays, 1:15-2:15pm**

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. So it's been decided, starting this year, membership will run from April to March, instead of September to August. That means from September 2018 members would only pay for half the year (\$7.50) so that membership will end in March 2019. We will hold our Membership Renewal this April at the regular annual fee of \$15.00.

Members who have already paid the full fee in September 2018 will pay the \$7.50 in April 2019.

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