

| Monday 9am-5pm | Tuesday 9am-5pm | Wednesday 9am-5pm | Thursday 9am-5pm | Friday 9am-5pm |
|---|--|---|--|---|
| | | | | 1 No Chinese Social No Line Dancing No French Class No Tai Chi No Bead Class |
| 4 No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm Rummoli 1-3pm | 5 No Tamil Social | 6 No Yoga Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm | 7 No Fitness with Maija Snooker 9-11am Facebook for Beginners 10-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm | 8 No Chinese Social No Line Dancing No French Class No Tai Chi No Bead Class |
| 11 No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm Lunch Out 12-2pm Rise & Dine Eatery | 12 No Tamil Social | 13 No Yoga Foot Clinic 11am-12pm Euchre 12-4pm | 14 No Fitness with Maija Snooker 9-11am Facebook for Beginners 10-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm | 15 No Chinese Social No Line Dancing No French Class No Tai Chi No Bead Class |
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| 25 Trip: Maple Syrup Festival at Kortright Centre for Coservation 8:15am-2:15pm No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm | 26 No Tamil Social English Committee Meeting 10:00-11:00am | 27 No Yoga Chess Drop-in 10:30am-1:30pm Euchre 12-4pm | 28 No Fitness with Maija Snooker 9-11am Facebook for Beginners 10-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm | 29 No Chinese Social No Line Dancing No French Class No Tai Chi No Bead Class |

- Programs are at 2 Gower Street unless otherwise noted
- Special events are indicated in red.

Please Note: All the upstairs activities will be cancelled for the entire month of March for the renovation. Classes will resume in April. We greatly appreciate your patience and understanding.

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

Members and Guests of Harmony Hall Centre for Seniors,

We are pleased to announce renovations to our washroom facilities at 2 Gower St. During the month of **March 2019**, we will rebuild the upstairs washrooms, and install a new accessible washroom. For safety reasons, access to the hall and kitchen will not be permitted and all upstairs activities will be postponed until the renovations are complete.

We anticipate reopening the upstairs of Harmony Hall in April. We will continue to provide service and hold activities in the basement rooms during this time. Please consult the printed or online calendars for a schedule of activities. Staff will be available as usual in the offices for assistance.

Transportation services will not be affected. We appreciate your patience during this time. If you have any questions regarding what's on, please call us for more information.

David Livingston-Lowe
Manager, Integration and Service

Special Events

1. **March Lunch Out at Rise & Dine Eatery**

2714 St. Clair Ave East

Monday, March 11th

Time: 12-2pm Cost: Depending on the order

Deadline to register: Friday, March 8th

2. **Foot Clinic**

Wednesday, March 13th Cost: \$10

Time: 11am-1pm

Please note that we offer basic toe nail cutting only. We are unable to serve clients with any other foot problems.

3. **Trip: Maple Syrup Festival at Kortright Centre**

Monday, March 25 Time: 8:15am-2:15pm

Cost: \$25 (includes transportation via school bus, admission, gratuities and taxes. Lunch is not included.)

Deadline to pay: Monday, March 11th

4. **Facebook for Beginners**

Thursday, March 7, 14, 21, 28 Time: 10-11am

Cost: Free

Join this 4-week session to learn the world's most popular, widely used social media site at Harmony Hall

5. **Show and Share**

Wednesday, March 6, 13, 20, 27 Time: 2-3pm

Cost: Free Join Areana for an hour to share your interesting Stories and Memories or Pictures and other Memorabilia that you cherish and treasure forever.

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

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Rummoli First Monday of every month

1:00-3:30pm Cost: Free

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