

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Rummoli 1-3:30pm (New)	2 Tamil Social	3 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	4 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1-3pm	5 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
8 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	9 Tamil Social	10 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	11 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	12 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
15 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Lunch Out 12-2pm Len Duckworth's Fish and Chips	16 Tamil Social	17 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm Foot Clinic 11am-1pm	18 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	19 GOOD FRIDAY OFFICE CLOSED
22 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	23 Tamil Social English Committee Meeting 10:00-11:00am	24 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	25 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	26 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
29 Gentle Fitness 9:15-10:15 Beginner's Euchre 10-11:30am Poker 11am-3pm Bingo 1-3pm	30 Tamil Social			

- 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

Special Events

1. April Lunch Out at:

Len Duckworth's Fish & Chips

2638 Danforth Avenue, Toronto

Monday, April 15th 2019

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

Deadline to register: Friday, April 12th 2019

Please Note: The washrooms are located in the Basement of the restaurant. They are inaccessible if you have a mobility issue.

2. Foot Clinic

Wednesday, April 17th 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.

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 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

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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