



April 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	2 Tai Chi 9:30-10:30am	3 Yoga 11:30am-12:30pm	4 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	5 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
8 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	9 Tai Chi 9:30-10:30am	10 Yoga 11:30am -12:30pm	11 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	12 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
15 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	16 Tai Chi 9:30-10:30am	17 Yoga 11:30am-12:30pm	18 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	19 <b>GOOD FRIDAY OFFICE CLOSED</b>
22 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	23 Tai Chi 9:30-10:30am	24 Yoga 11:30am -12:30pm	25 Tai Chi 9:30-10:30am Gentle Fitness 11am—12pm Knit & Chat 1-3pm	26 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
29 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	30 Tai Chi 9:30-10:30am			

• 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** Mondays & Thursdays  
11:00am-12:00pm

**Cost: Free**

**Tai Chi** Monday, Tuesday, Thursday and  
Friday 9:30am-10:30pm

**Cost: Free**

**Yoga** Wednesdays and Fridays  
11:30am-12:30pm

**Cost: Free**

### SPECIAL INTEREST CLASSES

**Book Club: 3<sup>rd</sup> Friday of every month**  
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** Thursdays from 1-3pm

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 (1<sup>st</sup> 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