



May 2019

Seniors Active Living Centre
 English Program
 2 Gower Street
Contact: (416) 752-0101

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	2 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1-3pm Sweet Talk 1-2pm Fraud & Scan Prevention	3 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
6 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Rummoli 1-3:30pm	7 Tamil Social	8 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	9 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	10 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
13 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Mother's Day Luncheon 12:00-2:30pm	14 Tamil Social	15 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	16 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	17 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
20 OFFICE CLOSED VICTORIA DAY	21 Tamil Social	22 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm Foot Clinic 11am-1pm	23 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm Movie: The Last Time I Saw Paris	24 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm
27 Gentle Fitness 9:15-10:15 Beginner's Euchre 10-11:30am Poker 11am-3pm Bingo 1-3pm	28 Tamil Social English Committee Meeting 10:00-11:00am	29 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm No Euchre	30 Fitness with Maija 10-11am Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	31 Chinese Social Line Dancing 10:30-11:30am French Class 10-11am Tai Chi 1:15-2:15pm Bead Class 1:15-2:15pm

• 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

1. TRIP: Ottawa Tulip Festival

Saturday May 11th

Pick up time is 7:30am at Harmony Hall. We will return approximately at 8:00pm.

Cost is \$100 (Lunch not included)

Deadline to Pay: Friday, May 3rd

2. Mother's Day Luncheon

12:00-2:30pm

Monday May 13th

Join us in celebrating our mothers!

May 13th from 12:00-2:30pm

Cost is \$10, and nonmembers are welcome.

We have a wonderful menu set up, entertainment and door prizes!

Deadline to register: Wednesday, May 8th

3. Foot Clinic

Wednesday, May 22nd 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.

4. Sweet Talk

Fraud & Scam Prevention

Thursday, May 2nd Cost: \$1

At Harmony Hall from 1:00-2:00pm

Presented by Richard Santos-Vicentino, Crime Prevention Officer, Toronto Police Service, 54/55 Division. Join us to learn about

tactics being used by fraudsters to target seniors and how to protect yourself or your loved ones from being victimized.

5. Movie: The Last Time I Saw Paris

Based on the story by F. Scott Fitzgerald, when reporter Charles Wills goes to Paris to write a news report on World War 2, he marries Helen Ellsworth. The story takes a turn when an old investment suddenly makes their family very wealthy. With this unforeseen new wealth, their marriage begins to fall apart, until a tragedy takes place that changes everything.

HEALTH AND WELL-BEING

Rummoli Wednesdays 9:30-10:30am

Rummoli is a family card game for 2 to 8 people. It combines excitement and strategy in a fairly simple card game. It requires a Rummoli board, deck of playing card, chips or coins and some like minded people to play!

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 Thursday's 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 Monday's 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!

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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