



May 2019

Seniors Active Living Centre
 English Program
 Crescent Town Club
 2A The Marketplace
Contact: (416) 752-0101

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Yoga 11:30am-12:30pm	2 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	3 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
6 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
13 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 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm Book Club 11am-12pm
20 OFFICE CLOSED VICTORIA DAY	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
27 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	28 Tai Chi 9:30-10:30am	29 Yoga 11:30am -12:30pm	30 Tai Chi 9:30-10:30am Gentle Fitness 11am—12pm Knit & Chat 1-3pm	31 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm

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: 3rd 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 (1st 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