

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	2 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
5 CIVIC HOLYDAY OFFICE CLOSED	6 Tamil Social	7 Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	8 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm Sweet Talk: Medication Safety 1-2pm	9 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
12 No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm Rummoli 1-3:30pm Lunch Out 12-2pm Halibut House Fish & Chips	13 Tamil Social	14 No Yoga Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	15 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	16 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
19 No Gentle Fitness Beginner's Euchre 10-11:30am Poker 11am-3pm	20 Tamil Social	21 No Yoga Foot Clinic 11am-1pm Euchre 12-4pm	22 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	23 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
26 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm Bingo 1-3pm	27 Tamil Social English Committee Meeting 10:00-11:00am	28 Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	29 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	30 Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm

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

PROGRAM DESCRIPTIONS

SPECIAL EVENTS

1. Sweet Talk

Medication Safety

Presented by Marlien Aziz, Pharmacist, Dawes Drug Mart

Thursday, August 8th

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

Join us to learn about why medication safety should be a top priority for seniors and how to reduce the risk of medication related incidents in older adults

Cost: Free

2. Lunch Out, Monday, August 12th

Halibut House Fish & Chips - 12:00-2:00pm

3003 Danforth Ave

Cost: Depending on individual order

Deadline to register: Friday, August 9th

3. Trip:

Peach Festival & Falls View Casino

Sunday, August 11th Cost: \$30

Pickup Time: 9:00a.m (Golden Mile Shopping Centre)

Join us for a peachy time at the 29th annual Peach Festival in Niagara-on-the-Lake and a fun afternoon at the Fallsview Casino.

Deadline to pay: Friday, August 2nd

4. Foot Clinic

Wednesday, August 21st 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.

5. Beach BBQ Party

Monday, August 19th Cost: \$9

Deadline to Register: Thursday, August 15th

HEALTH AND WELL-BEING

Yoga Every Wednesday 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- Every Friday 10:30-11:30am. Ongoing, \$10 for 10 classes

Gentle Fitness Every Monday 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 Every Friday 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 Every Thursday 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 Every Monday 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 Every Monday 10:00-11:00am

Free lessons with an instructor

Chess Drop-In Every Wednesday 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 Every Wednesday 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

For more information call (416) 752-0101

Rummoli First Monday of every month

1:00-3:30pm

Bingo

Last Monday of every month 1:00-3:00pm

Cost: \$1 per Card. Refreshments will be provided. Please Register Early.

Cribbage Every Thursday, 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 Every Thursday, 9:00-11:00am

Looking for new players

Bead Class Every Friday, 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

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

ANNUAL PROGRAM MEMBERSHIP AND RENEWAL

A gentle reminder to all members that our annual membership renewal for 2019-2020 was due in April 2019. All the existing members of Harmony Hall must renew their membership annually in order to be an active member and to have access to the wide range of programs and services offered at Harmony Hall. If you have missed the April renewal date for your membership, please renew today to take advantage of member benefits for another year.

Our membership year runs from April 1st to March 31st. The cost is \$15.00 and it gives you access to both locations, 2 Gower Street (416-752-0101) and 2a The Market Place (416-693-5300).

Thanks to all members for making Harmony Hall a special place!

If you have any questions about membership renewal or to book an appointment to visit us, please call Selvy at 416-752-0101

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