



August 2019

CRESCENT TOWN CLUB

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 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	2 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
5 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	6 Tai Chi 9:30-10:30am	7 Yoga 11:30am -12:30pm	8 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	9 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
12 Tai Chi 9:30-10:30am No Gentle Fitness	13 Tai Chi 9:30-10:30am	14 No Yoga	15 Tai Chi 9:30-10:30am No Gentle Fitness Knit & Chat 1-3pm	16 Tai Chi 9:30-10:30am No Yoga Book Club 11am-12pm
19 Tai Chi 9:30-10:30am No Gentle Fitness	20 Tai Chi 9:30-10:30am	21 No Yoga	22 Tai Chi 9:30-10:30am No Gentle Fitness Knit & Chat 1-3pm	23 Tai Chi 9:30-10:30am No Yoga
26 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	27 Tai Chi 9:30-10:30am	28 Yoga 11:30am -12:30pm	29 Tai Chi 9:30-10:30am No Gentle Fitness Taylor Massey History Walk 10:30am-1:00pm Knit & Chat 1-3pm	30 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.

SPECIAL EVENT

Taylor Massey History Walk

When: **Thursday, August 29th**

Where: Taylor Massey Creek Park

Meeting Point: Front Desk

(Crescent Town Club)

Start Time: 10:30am

10:30-11:15am (Walk)

11:30-11:45am (Q&A)

11:45am-12:45pm (Lunch)

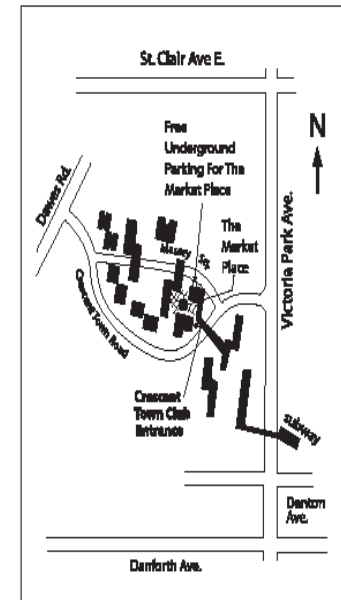
Cost: Free

Join us for a guided Walk to learn about the history of Taylor Massey neighbourhood. This event includes a guided tour of the key sites of Taylor Massey Creek Park area and a question & answer time at Crescent Town Club, followed by a light lunch.

NOTE: If you have any food allergies or food sensitivities please inform the staff when you register. Register early for this event as space is limited. To register, please contact Selvy at 416-752-0101 ext.224.

Deadline to register: Thursday, August 15th

GETTING TO CRESCENT TOWN CLUB...



By Car: Turn West onto Crescent Town Road from Victoria Park Avenue. Turn Right at Massey Square (1st right). Turn Left at the First Underground Parking Entrance, Designated "Market Place Visitor's Parking". Take Stairs Up One Flight to "The Market Place"

By T.T.C.: From Victoria Park Subway Station take the "SKYWALK" to the Crescent Town Market Place.

CRESCENT TOWN CLUB

2A The Market Place, Crescent Town, Toronto M4C 5M1