



# SEPTEMBER 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
<b>2</b> OFFICE CLOSED LABOUR DAY	<b>3</b> Tamil Social	<b>4</b> Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	<b>5</b> Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>6</b> Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<b>9</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Rummoli 1-3:30pm</b> <b>Lunch Out 12-2pm</b> <b>The Gingerman Restaurant</b>	<b>10</b> Tamil Social	<b>11</b> Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	<b>12</b> Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>13</b> Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<b>16</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Trip: Ward's Island 8:30am-3:30pm</b>	<b>17</b> Tamil Social	<b>18</b> Yoga 9:30-10:30am Chess Drop-in 10:30 am-1:30pm Euchre 12-4pm	<b>19</b> Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>20</b> Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<b>23</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Hand Salve Making Workshop 2:30-4pm</b>	<b>24</b> Tamil Social <b>English Committee Meeting 10:00-11:00am</b>	<b>25</b> Yoga 9:30-10:30am <b>Foot Clinic 11am-1pm</b> Euchre 12-4pm	<b>26</b> Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>27</b> Chinese Social French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm <b>Trip: Aga Khan Museum 10am-2pm</b>
<b>30</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Bingo 1-3pm</b>				

## PROGRAM DESCRIPTIONS

### SPECIAL EVENTS

1. **Lunch Out: Monday, September 9<sup>th</sup>**  
**The Gingerman Restaurant 12:00-2:00pm**  
1104 Victoria Park Ave, M4B 2K4  
**Cost:** Depending on individual order  
**Deadline to register: Friday, September 6<sup>th</sup>**

2. **Trip: Ward's Island**  
**Monday, September 16<sup>th</sup> Cost: \$24**  
Pickup Time: 8:30am (HH& CT)  
Return: 3:30pm (Ferry Dock)  
**Deadline to pay: Friday, September 6<sup>th</sup>**

3. **Hand Salve Making Workshop 2:30-4pm**  
**Monday, September 23<sup>rd</sup> Cost: Free**  
Open to community as well as members of  
Harmony Hall

4. **Trip: Aga Khan Museum**  
**Friday, September 27<sup>th</sup> Cost: \$19**  
Pickup Time: 10:00am (HH&CT)  
Return: 2:00pm

5. **Foot Clinic**  
**Wednesday, September 25<sup>th</sup> Cost: \$10**  
Please note that we offer basic toe nail  
cutting only. We are unable to serve clients  
with any other foot problems.

### 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