



September 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
2 OFFICE CLOSED LABOUR DAY	3 Closed for Annual Maintenance September 3 rd -13 th	4 Closed for Annual Maintenance September 3 rd -13 th	5 Closed for Annual Maintenance September 3 rd -13 th	6 Closed for Annual Maintenance September 3 rd -13 th
9 Closed for Annual Maintenance September 3 rd -13 th	10 Closed for Annual Maintenance September 3 rd -13 th	11 Closed for Annual Maintenance September 3 rd -13 th	12 Closed for Annual Maintenance September 3 rd -13 th	13 Closed for Annual Maintenance September 3 rd -13 th
16 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	17 Tai Chi 9:30-10:30am	18 Yoga 11:30am -12:30pm	19 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	20 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm Book Club 11am-12pm
23 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	24 Tai Chi 9:30-10:30am	25 Yoga 11:30am -12:30pm	26 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Knit & Chat 1-3pm	27 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
30 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm				

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

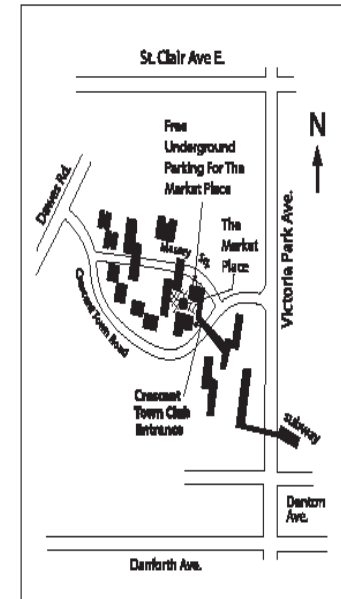
Book Club: 3rd Friday of every month
11am-2pm.

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). 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