




# February 2020

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>3.</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Brain Health Workshop 1-2pm</b> <b>Rummoli 1-3:30pm</b>	<b>4.</b> <b>Tamil Social</b>	<b>5.</b> Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	<b>6.</b> <b>Computer Class: Email 10-11am</b> Fitness with Maija 10-11am Cribbage 10am-12pm <b>Dance together 11:15am-12:45pm</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm <b>Sweet Talk: Gambling Addiction 2-3pm</b>	<b>7.</b> <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm <b>Movie Trip:</b> <b>Bell Lightbox Theatre 10am-2pm</b>
<b>10.</b> <b>No Gentle Fitness</b> Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Friendship Day Lunch and Bingo 12-2:30pm</b>	<b>11.</b> <b>Tamil Social</b>	<b>12.</b> Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	<b>13.</b> <b>Computer Class: Email 10-11am</b> Fitness with Maija 10-11am Cribbage 10am-12pm <b>Dance together 11:15am-12:45pm</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>14.</b> <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<b>17.</b> <b>OFFICE CLOSED</b> 	<b>18.</b> <b>Tamil Social</b>	<b>19.</b> Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4pm	<b>20.</b> <b>Computer Class: Email 10-11am</b> Fitness with Maija 10-11am Cribbage 10am-12pm <b>Dance together 11:15am-12:45pm</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>21.</b> <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
<b>24.</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Bingo 1-3pm</b>	<b>25.</b> <b>Tamil Social</b> <b>English Committee Meeting 10-11am</b>	<b>26.</b> Yoga 9:30-10:30am <b>Foot Clinic 11:00am-12:30pm</b> Euchre 12-4pm	<b>27.</b> <b>Computer Class: Email 10-11am</b> Fitness with Maija 10-11am Cribbage 10am-12pm <b>Dance together 11:15am-12:45pm</b> Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	<b>28.</b> <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm <b>Movie Trip:</b> <b>Bell Lightbox Theatre 10am-2pm</b>

## PROGRAM DESCRIPTIONS

### SPECIAL EVENTS

#### 1. Brain Health Workshop

**When:** Monday, February 3rd

**Time:** 1-2pm

**Where:** 2 Gower St. Toronto, Ontario

**Cost:** Free

#### 2. Sweet Talk: Gambling Addiction presented by Good Shepherd Ministries

**When:** Thursday, February 6th

**Time:** 2-3 pm

**Where:** 2 Gower St. Toronto, Ontario

**Cost:** Free

#### 3. Movie Trip: Bell Lightbox Theatre Movie: A Mighty Wind

**When:** Friday, February 7th

**Pick up time:** 10am (HH & CT)

**Return:** 2:00pm

**Cost:** Free

**Deadline to Register:** Wednesday, February 5th

#### 4. Friendship Day Lunch and Bingo

**When:** Monday, February 10th

**Where:** Harmony Hall

**Time:** 12:00-2:30pm

**Cost:** \$7 (members)

\$10 (non-members)

**Deadline to Pay:** Thursday, February 6th

#### 5. Foot Clinic

**When:** Wednesday, February 26th

**Where:** Harmony Hall

**Time:** 11:00am (Transportation Clients)  
11:30 am (others)

**Cost:** \$10

#### 6. Bingo

**When:** Monday, February 24th

**Where:** Harmony Hall

**Time:** 1:00-3:00pm

**Cost:** \$1per card

### 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