

August 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Gentle Fitness 9:30 -10:30am</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Computer Class: 2:30-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Yoga Class 9:30-10:30am</p> <p>Virtual Social Group Support 11:00am-12:00pm (Video/Audio)</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Gentle Fitness 11:15am -12.15pm</p> <p>Thursday August 20 2:00-3:00 PM Internet Safety for Seniors Webinar</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>

September 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Gentle Fitness 9:30-10:30am</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Computer Class: 2:30pm-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Yoga Class 9:30-10:30am</p> <p>Virtual Social Group Support 11:00am-12:00pm (Video/Audio)</p> <p>Virtual Computer Class: 9:00am-4:00pm (appt)</p> <p>Virtual Town Hall: September 9 2020</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Gentle Fitness 11:15am -12.15pm</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>	<p>One on One Support by phone 9:00am-4:00pm (appointment needed)</p> <p>Virtual Computer Class: 9:00am-4:00pm (appointment needed)</p>

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

One-on-one support sessions are provided for

- Coordinating services including food access, transportation, assistance with filling out forms
- Intervention and assistance services for seniors facing challenges accessing various healthcare support
- Referrals to other community support services, if needed

Virtual Social Group Support

- Virtual Social Group Support sessions are held once a week virtually to promote social integration, provide opportunities to share their experience and knowledge, and to motivate each other by sharing their coping strategies to face the challenges associated with the new normal life.

Internet Safety for Seniors Webinar: August 20th, 2:00 PM-3:00 PM

- Senior's Tech Services is providing an internet safety webinar for Harmony Hall. The presentation will cover COVID-19 scams, phishing e-mails, secure passwords/log in, using public WiFi and online safety strategies. The presentation will take place over Zoom. Contact Sara 416-752-0101 EXT: 229 or Srumble@srchc.com for details.

Virtual Computer Class: Available by Appointment

- Computer classes are held for one hour by appointment. The computer class teaches the participant how to download and use the Zoom application, so that they can join in Harmony Hall virtual groups. Please contact Sara at 416-752-0101 EXT: 229 or Srumble@srchc.com to book an appointment.

Virtual Town Hall: Wednesday September 9th, Time: TBD

- Brad Bradford, Ward 19 Councillor (Beaches East-York), has offered to hold a virtual town hall for Harmony Hall members. Any questions you have for Brad can be sent to Srumble@srchc.com before the session on September 9th.

If you need further details or to register for any programs, call Risikat or Sara: 416-752-0101 EXT: 224