

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 9:30-10:30am Tai Chi @Harmony Hall (in-person)	2 10:30-11:30am Line Dancing (Virtual only)
05 Labour Day Office Closed	06 One-on-One Support (Virtual, by appointment only)	07 Virtual Trivia& Mind Games Knit & Chat at Crescent Town(in-person) 2:00-3:30pm Community Meal Drop-in, Hot meal for takeout 3:30-5:00pm	08 9:30-10:30am Tai Chi @Harmony Hall (in-person)	09 10:30-11:30am Line Dancing (Virtual only)
12 Walk at Taylor Creek Park 9:30-10:30am Bingo (in-person) 1:00-2:30pm	13 One-on-One Support (Virtual, by appointment only)	14 Trip to Ripley's Aquarium 9:30 am-1:30pm No Virtual Trivia& Mind Games Knit & Chat at Crescent Town(in-person) 2:00-3:30pm Community Meal Drop-in, Hot meal for takeout 3:30-5:00pm	15 9:30-10:30am Tai Chi @ Harmony Hall (in-person)	16 10:30-11:30am Line Dancing (Virtual only)
19 Walk at Taylor Creek Park 9:30-10:30am Knit & Chat at Harmony Hall (in-person) 1:00-2:30pm	20 One-on-One Support (Virtual, by appointment only)	21 Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 2:00-3:30pm Community Meal Drop-in, Hot meal for takeout 3:30-5:00pm	22 9:30-10:30am Tai Chi @ Harmony Hall (in-person)	23 10:30-11:30am Line Dancing (Virtual only)
26 Walk at Taylor Creek Park 9:30-10:30am Bingo (in-person) 1:00-2:30pm	27 One-on-One Support (Virtual, by appointment only)	28 Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 2:00-3:30pm Community Meal Drop-in, Hot meal for takeout 3:30-5:00pm	29 9:30-10:30am Tai Chi @ Harmony Hall (in-person)	30 10:30-11:30am Line Dancing (Virtual only)

September 2022

Virtual Trivia & Mind games

Join us to exercise your brain, enhance your memory and test your general knowledge

This session is offered via zoom on

every Wednesday 11am-12pm

For registration and zoom link call Selvy at
416-752-0101 ext:4224



Community Meal

Wednesdays 3:30-5:00pm:

Drop-In, hot meal takeout

For more detail:

Marishka: 416-752-8868

mradvanski@srhc.com

Line Dancing (Virtual)

(Intermediate level only)

Fridays 10:30-11:30am

For more detail:

Billy: 416-752-0101

ext: 4223

Tai Chi (in-person)

For Arthritis and Fall Prevention
This gentle and relaxing exercise for body and mind can help you to

- Enhance your energy level
- Improve balance and flexibility
- Reduce stress and anxiety
- Prevent falls
- Remain active and fit

Thursday, 9:30-10:30am:

To register call Selvy at
416-752-0101 ext:4224



Knit & Chat at Harmony Hall (2 Gower Street) (in-person)

All levels welcome

2nd & 3rd Monday of Every month 1:00-2:30pm

For more detail:

Selvy: 416-752-0101

ext: 4224

Knit & Chat at Crescent Town (2A the Market Place) (in-person)

All levels welcome

Every Wednesday 2:00-3:30pm

For more detail:

Selvy: 416-752-0101

ext: 4224

Participate now to win a chance for a free trip to Ripley's Aquarium in mid-September

Date: **Wednesday, September 14, 2022**

Deadline to register: Friday, September 2nd

For more details and registration call
Selvy at 416-752-0101 ext: 4224



Walk at Taylor Creek Park

Join us for 1 hour walk through Taylor Creek Park

**Every Monday
9:30-10:30am**

Registration required.

**Call Selvy or at
416-752-0101**



Client Intervention and Assistance

We provide one-on-one support for coordinating services, including food access, transportation, filling out forms, information and referrals to community support programs that meet your specific needs.

To book an appointment
Call Selvy at 416-752-0101
Ext: 4224

Bingo at Harmony Hall (in-person)

First and last Monday of every month

1:00-2:30pm

For more detail:
Selvy: 416-752-0101 ext: 4224

