

## November 2022

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	<b>01</b> One-on-One Support (Virtual, by appointment only)	<b>02</b> <b>Virtual Trivia&amp; Mind Games</b> (Video/Audio) 11:00am-12:00pm  <b>Knit &amp; Chat at Crescent Town(in-person)</b> 1:00-2:30pm	<b>03</b> <b>Tai Chi (in-person @ Harmony Hall)</b> 9:30-10:30am	<b>04</b> One-on-One Support (Virtual, by appointment only)
<b>07</b> <b>Tai Chi</b> 9:00-10:00am (in-person @CT)  <b>Bingo (in-person @ HH)</b> 1:00-2:30pm	<b>08</b> One-on-One Support (Virtual, by appointment only)	<b>09</b> <b>Virtual Trivia&amp; Mind Games</b> (Video/Audio) 11:00am-12:00pm  <b>Knit &amp; Chat at Crescent Town(in-person)</b> 1:00-2:30pm	<b>10</b> <b>No Tai Chi</b>  <b>Flu Shot Clinic @ Harmony Hall</b> (no appointment needed, everyone welcome) 9:30-11:30am	<b>11</b> One-on-One Support (Virtual, by appointment only)
<b>14</b> <b>Tai Chi</b> 9:00-10:00am (in-person @CT)  <b>Knit &amp; Chat (in-person @ HH)</b> 1:00-2:30pm	<b>15</b> One-on-One Support (Virtual, by appointment only)	<b>16</b> <b>Virtual Trivia&amp; Mind Games</b> (Video/Audio) 11:00am-12:00pm <b>Knit &amp; Chat at Crescent Town(in-person)</b> 1:00-2:30pm	<b>17</b> <b>Tai Chi (in-person @ Harmony Hall)</b> 9:30-10:30am	<b>18</b> <b>Sweet Talk:</b> <b>Digital Library 2:00-3:00pm</b>  One-on-One Support (Virtual, by appointment only)
<b>21</b> <b>Tai Chi</b> <b>9:00-10:00am (in-person @CT)</b>  <b>Knit &amp; Chat (in-person @ HH)</b> 1:00-2:30pm	<b>22</b> One-on-One Support (Virtual, by appointment only)	<b>23</b> <b>Virtual Trivia&amp; Mind Games</b> (Video/Audio) 11:00am-12:00pm  <b>Knit &amp; Chat at Crescent Town(in-person)</b> 1:00-2:30pm	<b>24</b> <b>Tai Chi (in-person @ Harmony Hall)</b> 9:30-10:30am	<b>25</b> One-on-One Support (Virtual, by appointment only)
<b>28</b> <b>Tai Chi</b> 9:00-10:00am (in-person @CT)  <b>Bingo (in-person)</b> 1:00-2:30pm	<b>29</b> One-on-One Support (Virtual, by appointment only)	<b>30</b> <b>Virtual Trivia&amp; Mind Games</b> (Video/Audio) 11:00am-12:00pm  <b>Knit &amp; Chat at Crescent Town(in-person)</b> 1:00-2:30pm		

# November 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



## 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

## 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

Harmony Hall (in-person) **Thursday, 9:30-10:30am**

Crescent Town (in-person) **Monday, 9:00-10am**

To register 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

mradwanski@srhc.com

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

All levels welcome

**2<sup>nd</sup> & 3<sup>rd</sup> Monday of Every month 1:00-2:30pm**

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

All levels welcome

**Every Wednesday 1:00-2:30pm**

For more details: Selvy: 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



## Flu Shot Clinic

**When: Thursday, November 10**

**Time: 9:30-11:30am**

No appointments necessary, everyone welcome Walk-in clinic. First come, first served Please bring your OHIP card with you



## Sweet Talk:

### Digital Library

(Presented by Toronto Public Library)



Join us as a librarian shows you how to download E-books, magazines and watch movies online through Toronto Public Library's website. This session will focus on iPads, laptops and PCs. Bring your library card and device if you can.

**Friday, November 18**

**2:00-3:00pm**

**@ Harmony Hall**

**Cost: Free**

**Pre-registration is required due to limited capacity on-site.**

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