

January 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>2</p> <p>OFFICE CLOSED HAPPY NEW YEAR</p>	<p>3</p> <p>One-on-One Support (Virtual, by appointment only)</p>	<p>4</p> <p>No Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm</p> <p>Knit & Chat at Crescent Town(in-person) 1:00-2:30pm</p>	<p>5</p> <p>Tai Chi (in-person @ Harmony Hall) 9:30-10:30am</p>	<p>6</p> <p>One-on-One Support (Virtual, by appointment only)</p>
<p>9</p> <p>Tai Chi 9:00-10:00am (in-person @CT)</p> <p>Bingo (in-person @ HH) 1:00-2:30pm</p>	<p>10</p> <p>One-on-One Support (Virtual, by appointment only)</p>	<p>11</p> <p>Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm</p> <p>Knit & Chat at Crescent Town(in-person) 1:00-2:30pm</p>	<p>12</p> <p>Tai Chi (in-person @ Harmony Hall) 9:30-11:30am</p>	<p>13</p> <p>One-on-One Support (Virtual, by appointment only)</p>
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<p>23</p> <p>Tai Chi 9:00-10:00am (in-person @CT)</p> <p>Knit & Chat (in-person @ HH) 1:00-2:30pm</p>	<p>24</p> <p>One-on-One Support (Virtual, by appointment only)</p>	<p>25</p> <p>No Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm</p> <p>No Knit & Chat at Crescent Town(in-person) 1:00-2:30pm</p>	<p>26</p> <p>Tai Chi (in-person @ Harmony Hall) 9:30-10:30am</p>	<p>27</p> <p>One-on-One Support (Virtual, by appointment only)</p>
<p>30</p> <p>Tai Chi 9:00-10:00am (in-person @CT)</p> <p>Bingo (in-person @ HH) 1:00-2:30pm</p>	<p>31</p> <p>One-on-One Support (Virtual, by appointment only)</p>	<p>28</p> <p>Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm</p> <p>Knit & Chat at Crescent Town(in-person) 1:00-2:30pm</p>		

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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 details:

Marishka: 416-752-8868
mradwanski@srhc.com

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

All levels welcome

2nd & 3rd 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



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

