

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Chair Yoga (in-person @ Harmony Hall) 9:30-10:30am Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Chair Yoga (in-person @ Crescent Town) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 1:00-2:30pm	2 Tai Chi (in-person @ Harmony Hall) 9:30-10:30am	3 Gentle Fitness & Colouring 11:00am-12:30pm (In-person) Line Dancing 10:30-11:30am (virtual via zoom)
6 Tai Chi 9:00-10:00am (in-person @CT) Bingo (in-person @ HH) 1:00-2:30pm	7 One-on-One Support (Virtual, by appointment only)	8 Trip: Maple Syrup Festival 8:30am-4:00pm Chair Yoga (in-person @ Harmony Hall) 9:30-10:30am Chair Yoga (in-person @ Crescent Town) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 1:00-2:30pm	9 Tai Chi (in-person @ Harmony Hall) 9:30-11:30am	10 No Gentle Fitness & Colouring Line Dancing 10:30-11:30am (virtual via zoom)
13 Tai Chi 9:00-10:00am (in-person @CT) Healthy Mind & Body Wellness workshop (in-person @HH) 11:00am-12:00pm Knit & Chat (in-person @ HH) 1:00-2:30pm	14 One-on-One Support (Virtual, by appointment only)	15 Chair Yoga (in-person @ Harmony Hall) 9:30-10:30am Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Chair Yoga (in-person @ Crescent Town) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 1:00-2:30pm	16 Tai Chi (in-person @ Harmony Hall) 9:30-10:30am	17 No Gentle Fitness & Colouring St. Patrick's Day Get-Together 12:00-2:00pm Line Dancing 10:30-11:30am (virtual via zoom)
20 Tai Chi 9:00-10:00am (in-person @CT) Knit & Chat (in-person @ HH) 1:00-2:30pm	21 One-on-One Support (Virtual, by appointment only)	22 Chair Yoga (in-person @ Harmony Hall) 9:30-10:30am Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Chair Yoga (in-person @ Crescent Town) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 1:00-2:30pm	23 Tai Chi (in-person @ Harmony Hall) 9:30-10:30am	24 Gentle Fitness & Colouring 11:00am-12:30pm (In-person) Line Dancing 10:30-11:30am (virtual via zoom)
27 Tai Chi 9:00-10:00am (in-person @CT) Bingo (in-person @ HH) 1:00-2:30pm	28 One-on-One Support (Virtual, by appointment only)	29 Chair Yoga (in-person @ Harmony Hall) 9:30-10:30am Virtual Trivia& Mind Games (Video/Audio) 11:00am-12:00pm Chair Yoga (in-person @ Crescent Town) 11:00am-12:00pm Knit & Chat at Crescent Town(in-person) 1:00-2:30pm	30 Tai Chi (in-person @ Harmony Hall) 9:30-10:30am	31 Gentle Fitness & Colouring 11:00am-12:30pm (In-person) Line Dancing 10:30-11:30am (virtual via zoom)

March 2023

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

Chair Yoga

Join us to experience the power of breathing and gentle movement! All levels are welcome.

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

Crescent Town (in-person)
Wednesday, 11am-12pm
Cost: Free

To register 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

