


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<b>1</b> <b>Tai Chi</b> 9:00-10:00am (Crescent Town in-person) <b>Gentle Fitness</b> 9:30-10:30am (Harmony Hall in-person) <b>Gentle Fitness</b> 11:00am-12:00pm (Crescent Town in-person) <b>Bingo</b> 1:00-2:30pm (Harmony Hall in-person)	<b>2</b> <b>One-on-One Support</b> (by appointment only)	<b>3</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall -Hybrid) <b>Chair Yoga</b> 11:30am-12:30pm (Crescent Town- Hybrid) <b>Knit &amp; Chat</b> 1:00-2:30pm (Crescent Town(in-person))	<b>4</b> <b>One-on-One Support</b> (by appointment only)	<b>5</b> <b>Line Dancing</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>8</b> <b>Tai Chi</b> 9:00-10:00am (Crescent Town in-person) <b>Gentle Fitness</b> 9:30-10:30am (Harmony Hall in-person) <b>Gentle Fitness</b> 11:00am-12:00pm (Crescent Town in-person) <b>Knit &amp; Chat</b> 1:00-2:30pm (Harmony Hall in-person)	<b>9</b> <b>One-on-One Support</b> (by appointment only)	<b>10</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall -Hybrid) <b>Chair Yoga</b> 11:30am-12:30pm (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00-2:30pm (Crescent Town(in-person))	<b>11</b> <b>One-on-One Support</b> (by appointment only)	<b>12</b> <b>Line Dancing</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>15</b> <b>Tai Chi</b> 9:00-10:00am (Crescent Town in-person) <b>Gentle Fitness</b> 9:30-10:30am (Harmony Hall in-person) <b>Gentle Fitness</b> 11:00am-12:00pm (Crescent Town in-person) <b>Mother's Day Luncheon</b> 12:00-2:00pm	<b>16</b> <b>One-on-One Support</b> (by appointment only)	<b>17</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall -Hybrid) <b>Chair Yoga</b> 11:30am-12:30pm (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00-2:30pm (Crescent Town (in-person))	<b>18</b> <b>One-on-One Support</b> (by appointment only)	<b>19</b> <b>Line Dancing</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>22</b> <b>OFFICE CLOSED</b>  	<b>23</b> <b>One-on-One Support</b> (by appointment only)	<b>24</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall -Hybrid) <b>Chair Yoga</b> 11:30am-12:30pm (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00-2:30pm (Crescent Town(in-person))	<b>25</b> <b>One-on-One Support</b> (by appointment only)	<b>26</b> <b>Line Dancing</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>29</b> <b>Tai Chi</b> 9:00-10:00am (Crescent Town in-person) <b>Gentle Fitness</b> 9:30-10:30am (Harmony Hall in-person) <b>Gentle Fitness</b> 11:00am-12:00pm (Crescent Town in-person) <b>Bingo</b> 1:00-2:30pm (Harmony Hall in-person)	<b>30</b> <b>One-on-One Support</b> (by appointment only)	<b>31</b> <b>No Chair Yoga</b>  <b>No Knit &amp; Chat</b>		

**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 (Hybrid)**  
**Wednesday, 9:30-10:30am**

**Crescent Town (Hybrid)**  
**Wednesday, 11:30am-12:30pm**  
**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)  
**Friday 2:30-3:30pm**

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

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



**Gentle Fitness at Harmony Hall (in-person)**

All levels welcome

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

(Harmony Hall in-person)

**Monday 11:00am-12:00pm**

(Crescent Town in-person)

Cost: **Free**

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

**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)**

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

All levels welcome

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



**Mother's Day Lunch**

**Monday, May 15, 2023**

**12:00-2:00pm**

at Harmony Hall

Menu: **Potpie (Chicken or Veggie)**

**Garden Salad**

**Apple pie with Ice cream**

Cost: **\$5**

**Deadline to register: Wednesday, May 10<sup>th</sup>**

For more information and to register call

Selvy at 416-752-0101