

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 One-on-One Support (by appointment only)	2 Line Dancing (Harmony Hall in-person) 10:30-11:30am Tai Chi 2:30-3:30pm (Harmony Hall in-person)
5 Tai Chi 9:00-10:00am (Crescent Town in-person) Gentle Fitness 9:30-10:15am (Harmony Hall in-person) Gentle Fitness 11:00am-11:45am (Crescent Town in-person) Bingo 1:00-2:30pm (Harmony Hall in-person)	6 Nature Walk at Taylor Creek Park 9:30-10:30am Good Food Market 3:00-5:00pm (Harmony Hall)	7 Chair Yoga 9:30-10:30am (Harmony Hall -Hybrid) Chair Yoga 11:30am- 12:30pm (Crescent Town Hybrid) Knit & Chat 1:00-2:30pm (Crescent Town(in-person)	8 One-on-One Support (by appointment only)	9 Line Dancing (Harmony Hall in-person) 10:30-11:30am Tai Chi 2:30-3:30pm (Harmony Hall in-person)
12 Tai Chi 9:00-10:00am (Crescent Town in-person) Gentle Fitness 9:30-10:15am (Harmony Hall in-person) Gentle Fitness 11:00am-11:45am (Crescent Town in-person) Fraud & Scams Prevention Workshop 11:30am-12:30pm (Harmony Hall) Knit & Chat 1:00-2:30pm (Harmony Hall in-person)	13 Nature Walk at Taylor Creek Park 9:30-10:30am Good Food Market 3:00-5:00pm (Harmony Hall)	14 Chair Yoga 9:30-10:30am (Harmony Hall -Hybrid) Chair Yoga 11:30am- 12:30pm (Crescent Town Hybrid) Knit & Chat 1:00-2:30pm (Crescent Town(in-person)	15 One-on-One Support (by appointment only)	16 Line Dancing (Harmony Hall in-person) 10:30-11:30am Tai Chi 2:30-3:30pm (Harmony Hall in-person)
19 Tai Chi 9:00-10:00am (Crescent Town in-person) Gentle Fitness 9:30-10:15am (Harmony Hall in-person) Gentle Fitness 11:00am-11:45am (Crescent Town in-person) Father's Day Lunch 12:00-2:30pm (Harmony Hall)	20 Nature Walk at Taylor Creek Park 9:30-10:30am Good Food Market 3:00-5:00pm (Harmony Hall)	21 Chair Yoga 9:30-10:30am (Harmony Hall -Hybrid) Chair Yoga 11:30am-12:30pm (Crescent Town Hybrid) Knit & Chat 1:00-2:30pm (Crescent Town(in-person)	22 One-on-One Support (by appointment only)	23 Line Dancing (Harmony Hall in-person) 10:30-11:30am Tai Chi 2:30-3:30pm (Harmony Hall in-person)
26 Tai Chi 9:00-10:00am (Crescent Town in-person) Gentle Fitness 9:30-10:15am (Harmony Hall in-person) Gentle Fitness 11:00am-11:45am (Crescent Town in-person) Bingo 1:00-2:30pm (Harmony Hall in-person)	27 Nature Walk at Taylor Creek Park 9:30-10:30am Good Food Market 3:00-5:00pm (Harmony Hall)	28 Chair Yoga 9:30-10:30am (Harmony Hall -Hybrid) Chair Yoga 11:30am-12:30pm (Crescent Town Hybrid) Knit & Chat 1:00-2:30pm (Crescent Town(in-person)	29 One-on-One Support (by appointment only)	30 Line Dancing (Harmony Hall in-person) 10:30-11:30am Tai Chi 2:30-3:30pm (Harmony Hall in-person)

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, 11:30m-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

Monday 9:30-10:45am
(Harmony Hall in-person)

Monday 11:00-11:45am
(Crescent Town in-person)

Cost: Free
All levels welcome!
To register call Selvy at
416-752-0101 ext:4224

Knit & Chat at Harmony Hall
(2 Gower Street)
(in-person)
2nd & 3rd 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

Line Dancing

In-person at Harmony Hall
(Intermediate level only)
Fridays 10:30-11:30am
For more details call
Billy at: 416-752-0101
ext: 4223

Harmony Good Food Market
Locally grown fresh fruits and vegetables at affordable prices.
Every Tuesday at Harmony Hall (until end of Oct.),
3:00pm-5:00pm

Join us for a

Father's Day Luncheon

at Harmony Hall
Monday, June 19
12:00-2:00pm
Cost: \$5

Menu
Pumpkin Soup
Baked Chicken
Mashed Potato
Peas & Carrots
Chocolate Brownie with Ice Cream
Deadline to Register:
Monday, June 12
To register call Selvy at 416-752-0101

Workshop

Fraud & Scams Prevention

Hosted by Toronto Police
Join us to learn about the current tactics used by scammers to target seniors and how to protect yourself and your loved ones from fraud.

Monday, June 12
11:30am-12:30pm

Cost: Free
To register call Selvy at 416-752-0101

Nature Walk at Taylor Creek Park
Every Tuesday 9:30-10:30am

Starting **June 6th**
(until end of September)
To register call Selvy at
416-752-0101 ext:4224