

# September 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				<b>1</b> <b>Line Dance</b> (Harmony Hall in-person) 10:30-11:30am <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>4</b> <b>OFFICE CLOSED</b>  <b>LABOUR DAY</b>	<b>5</b> <b>Good Food Market</b> 3:00-5:00pm (Harmony Hall)	<b>6</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall-Hybrid) <b>Chess</b> 10:00-12:00pm (Harmony Hall) <b>Chair Yoga</b> 11:00- 12:00PM (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00- 2:30pm (Crescent Town in-person)	<b>7</b> <b>Chronic Pain Management Program</b> 9:30-12pm (Harmony Hall)	<b>8</b> <b>Line Dance</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>11</b> <b>Gentle Fitness</b> 9:30-10:30am (Harmony Hall in-person)  <b>Gentle Fitness</b> 11:00am-12:00pm (Crescent Town in-person)  Canning Workshop 2:30-3:30 (Harmony Hall)	<b>12</b> <b>Good Food Market</b> 3:00-5:00pm (Harmony Hall)	<b>13</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall-Hybrid) <b>Chess</b> 10:00-12:00pm (Harmony Hall) <b>Chair Yoga</b> 11:00- 12:00PM (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00- 2:30pm (Crescent Town in-person)	<b>14</b> Knit & Chat (Harmony Hall) 1:00-2:30 pm	<b>15</b> <b>Line Dance</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>18</b> <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>19</b> <b>Good Food Market</b> 3:00-5:00pm (Harmony Hall)	<b>20</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall-Hybrid) <b>Chess</b> 10:00-12:00pm (Harmony Hall) <b>Chair Yoga</b> 11:00- 12:00PM (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00- 2:30pm (Crescent Town in-person)	<b>21</b> Knit & Chat (Harmony Hall) 1:00-2:30 pm	<b>22</b> <b>Line Dance</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 2:30-3:30pm (Harmony Hall in-person)
<b>25</b> <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	<b>26</b> <b>Good Food Market</b> 3:00-5:00pm (Harmony Hall)	<b>27</b> <b>Chair Yoga</b> 9:30-10:30am (Harmony Hall-Hybrid) <b>Chess</b> 10:00-12:00pm (Harmony Hall) <b>Chair Yoga</b> 11:00- 12:00PM (Crescent Town Hybrid) <b>Knit &amp; Chat</b> 1:00- 2:30pm (Crescent Town in-person)	<b>28</b> Knit & Chat (Harmony Hall) 1:00-2:30 pm	<b>29</b> <b>Line Dance</b> (Harmony Hall in-person) 10:30-11:30am  <b>Tai Chi</b> 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, 11am-12pm**  
**Cost: Free**

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



### **Tai Chi (in-person)**

**At Harmony Hall**

**Friday 2:30-3:30pm**

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



### **Gentle Fitness**

(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**

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

### **Chess Club**

Chess players of all levels are invited to the Harmony Hall Chess Club.

There will be opportunity for new players to improve their skills. Occasionally there will be demo board instructions and simultaneous exhibitions.

**Every Wednesday**  
**10.00 a.m. - 12.00 a.m.**

**Cost: Free**

To register call Selvy at  
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



### **CFC Community Meal**

Every Wednesday at Harmony Hall

**3:30pm-5:00pm**

Consists of hot delicious takeout meals. As well as a dine-in experience on the last Wednesday of every month.

For more information contact:  
Rose: 416-752-0101 ext:4233  
RMarin@srhc.com

### **Program**

#### **Chronic Pain Management**

Hosted by SRHC in partnership with Parkdale Queen West CHC

This program is for anyone who deals with or cares for someone living with chronic pain. By coming to this program, you will learn tips on healthy eating, how to properly evaluate medication use & treatment, as well as proper activity participation & rest.

By coming to our workshop, you will receive, a relaxation CD, certificate for attending, a Living a Healthy Life with Chronic pain Book, light refreshments, & a gift card for attending 4 + sessions.

**Every Thursday (August 3<sup>rd</sup> until September 7<sup>th</sup>)**  
**9:30am- 12pm**

**Cost: Free**

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

### **Line Dance**

(Intermediate level only)

**Fridays 10:30-11:30am**

For more details:

Billy: 416-752-0101  
ext: 4223

### **Canning Workshop**

Join Melissa to learn the art and science of making dill pickles.

**Monday September 11<sup>th</sup>, 2023**  
**2:30pm- 4:30pm**

For more information and registration contact:  
Melissa or Selvy: 416-752-0101  
[MCoiffe@srhc.com](mailto:MCoiffe@srhc.com)

Limited spots available, register as soon as you can.

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

Every Thursday  
Starting on **Thursday, September 14<sup>th</sup>**

**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 detail please contact:  
Selvy: 416-752-0101 ext: 4224