

November 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		<p>1 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Chess 10:00-12:00pm (Harmony Hall) Knit & Chat (Crescent Town) 1:00- 2:30pm</p>	<p>2 Seniors Active Living Fair (Harmony Hall) 10:00am-2:00pm Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>3 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)</p>
<p>6 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Bingo 1:00-2:30pm</p>	<p>7 Tamil Social 9:00am-3:00pm</p>	<p>8 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Chess 10:00-12:00pm (Harmony Hall) Knit & Chat (Crescent Town) 1:00- 2:30pm</p>	<p>9 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>10 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)</p>
<p>13 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Lunch Out Mandarin Buffet 1200-2:00pm</p>	<p>14 Tamil Social 9:00am-3:00pm</p>	<p>15 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Chess 10:00-12:00pm (Harmony Hall) Knit & Chat (Crescent Town) 1:00- 2:30pm</p>	<p>16 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>17 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)</p>
<p>20 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person)</p>	<p>21 Tamil Social 9:00am-3:00pm</p>	<p>22 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Chess 10:00-12:00pm (Harmony Hall) Knit & Chat (Crescent Town) 1:00- 2:30pm</p>	<p>23 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>24 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)</p>
<p>27 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am- 12:00pm (Crescent Town in-person) Bingo 1:00-2:30p</p>	<p>28 Tamil Social 9:00am-3:00pm</p>	<p>29 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Chess (Harmony Hall) Knit & Chat (Crescent Town) 1:00- 2:30pm</p>	<p>30 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	

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

Wednesday, 9:30-10:30am

Crescent Town (Hybrid)

Wednesday, 11am-12pm

Cost: Free

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

Please note: **No Yoga on
November 29th**



Bingo at Harmony Hall (in-person)

First and last Monday of every
month

1:00-2:30pm

For more details:
Selvy: 416-752-0101 ext: 4224

Tai Chi (in-person)

At Harmony Hall

Friday 1:15-2:15pm

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 enthusiasts at all skill levels are welcome to join the Harmony Hall Chess Club. Participants will have the chance to enhance their abilities, especially new players who are eager to progress.

From time to time, there may be instructions provided through demo boards and simultaneous exhibitions to enrich and enhance the overall learning journey.

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

Cost: Free

To register call Selvy at
416-752-0101 ext 4224
Please note: No Chess on November 29th

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

For more details:

Billy: 416-752-0101 ext: 4223

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:

Tharaniga at 416-752-0101 ext:4227
tsukumaran@srchc.com

Knit & Chat at Harmony Hall

(2 Gower Street)

(in-person)

Every Thursday

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

Lunch Out

Mandarin Buffet

(2206 Eglinton Ave E, Scarborough)

Monday, November 13, 2023

12:00-2:00pm

Cost: \$ 25 (includes, tea, coffee,
tip & all taxes)

Deadline to register:

Wednesday, November 8th

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

Please Note: No transportation
will be arranged. If you wish to use
our Harmony Hall transportation
please call Raji @ 416-752-8868
and book your rides as early as
possible.

Seniors Active Living Fair

Thursday November 2nd

10:00am-2:00pm

at 2 Gower Street

Featuring:

- **Over 10 vendors**
- **Information on programs and services available for seniors in the community**
- **Interactive workshops**
- **Fitness demonstrations**
- **Healthy snacks**
- **Door prizes and more**

**Free admission and open to
seniors living in the
neighbourhood and existing
members of Harmony Hall**
**For information contact Lydia at
416-752-0101 ext: 4221**