



Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 No Line Dance Tai Chi 1:15-2:15pm (Harmony Hall in-person)
4 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Christmas Tree Decorating 11:00am-12:30pm Bingo 1:00-2:30pm	5 Tamil Social 9:00am-3:00pm English Committee Meeting 10:00-11:00am	6 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) Trip: Cham Shan Temple & Christmas Lights Tour, Niagara Falls 12:00- 8:00pm	7 Knit & Chat (Harmony Hall) 1:00-2:30 pm	8 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)
11 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Christmas Luncheon 12:00-2:30pm	12 Tamil Social 9:00am-3:00pm	13 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 1:00- 2:30pm	14 Knit & Chat (Harmony Hall) 1:00-2:30 pm	15 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)
18 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	19 No Tamil Social	20 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 1:00- 2:30pm No CFC Community Meal	21 Knit & Chat (Harmony Hall) 1:00-2:30 pm	22 No Line Dance No Tai Chi
25 	26 	27 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) No CFC Community Meal	28 No Knit & Chat	29 No Line Dance No Tai Chi

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
December 6th & December 27th**



Bingo at Harmony Hall (in-person)

First and last Monday of every month

1:00-2:30pm

For more information:
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

**Please note: No Tai Chi on
December 22nd & 29th**



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

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 information contact:

Selvy: 416-752-0101 ext: 4224

**No Knit & Chat on December 6th, 27th &
28th**

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

For more details:

Billy: 416-752-0101 ext: 4223

Please note: **No Line Dance on
December 1st, 22nd, 29th & January 5th**

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.

Please note: **No Community Meal on
December 20th & 27th**

For more information:

Tharaniga at 416-752-0101 ext:4227

Trip:

**Cham Shan Temple & Christmas Lights
Tour in Niagara Falls**

Wednesday, December 6, 2023

Cost: \$12 (includes a buffet lunch at Mandarin, transportation via coach bus & driver's gratuity)

Itinerary

12:00 pm Pickup at Harmony Hall

12:10pm Pickup at Crescent Town

1:00-3:00 Buffet Lunch at Mandarin

(1255 The Queensway, Etobicoke)

4:15-5:00pm Cham Shan Temple

(4303 River Road, Niagara Falls)

**5:15-6:00pm Drive-Through Christmas Lights
Tour**

Approximate Return time: 8:00pm (Toronto)

For more information and registration

call Selvy at
416-752-0101 ext: 4224

Christmas Luncheon Monday, December 11, 2023

12:00-2:30pm

Cost: \$10

Menu:

Cauliflower Chowder

Garlic Bread

Stuffed Turkey with Gravy

Buttered Peas & Carrots

Mashed Potato

&

Sweet Mince Pie

Deadline to register:

Tuesday, December 5th

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

Christmas Tree Decorating Monday, December 4, 2023

11:00am-12:30pm

Cost: Free

Please join us for our annual Christmas Tree decorating at Harmony Hall to get into the Holiday spirit as well as share a laugh or two. It is a chance to use your creative genius and add a personal touch to the tree.



For more information please
contact:

Selvy: 416-752-0101 ext: 4224