

January 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Office Closed Happy New Year 2024	2 No Tamil Social	3 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM No Knit & Chat at Crescent Town CFC Community Meal 3:30-5:00pm	4 Knit & Chat (Harmony Hall) 1:00-2:30 pm	5 No Line Dance No Tai Chi
8 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Bingo 1:30-3:30pm	9 Tamil Social 9:00am-3:00pm English Committee Meeting 10:00-11:00am	10 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 CFC Community Meal 3:30-5:00pm	11 Knit & Chat (Harmony Hall) 1:00-2:30 pm	12 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)
15 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Community Kitchen (Harmony Hall) 10:30am-1:30pm Gentle Fitness 11:00am-12:00pm (Crescent Town in-person)	16 Tamil Social 9:00am-3:00pm	17 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 CFC Community Meal 3:30-5:00pm	18 Knit & Chat (Harmony Hall) 1:00-2:30 pm	19 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)
22 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Community Kitchen (Harmony Hall) 10:30am-1:30pm Gentle Fitness 11:00am-12:00pm (Crescent Town in-person)	23 Tamil Social 9:00am-3:00pm	24 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 CFC Community Meal 3:30-5:00pm	25 Knit & Chat (Harmony Hall) 1:00-2:30 pm Scrapbooking (Harmony Hall) 1:00-2:30pm	26 Line Dance (Harmony Hall in-person) 10:30-11:30am Tai Chi 1:15-2:15pm (Harmony Hall in-person)
29 Gentle Fitness 9:30-10:30am (Harmony Hall in-person) Community Kitchen (Harmony Hall) 10:30am-1:30pm Gentle Fitness 11:00am-12:00pm (Crescent Town in-person) Bingo 1:30- 3:30pm	30 Tamil Social 9:00am-3:00pm	31 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) Knit & Chat (Crescent Town) 1:00- 2:30pm CFC Community Meal 3:30-5:00pm		

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 Chair Yoga at
either of our locations on
January 31st**

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 January 5th



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

**Please note: No Knit & Chat on
January 3rd at CT**

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 January 5th

CFC Community Meal

A program designed to support individuals experiencing food insecurity in the community.

CFC Community Meal takes place at Harmony Hall **every Wednesday from 3:30pm to 5:00pm**. It offers a delicious hot takeout meal and also provides the opportunity for a dine-in experience on the last Wednesday of each month.

For further details and inquiries:

Tharaniga at 416-752-0101 ext:4227

tsukumaran@srchc.com

Community Kitchen

Join us for a free in-person hands-on cooking program in our 2 Gower Kitchen. Each week, we will explore and cook new recipes together. Open to all Harmony Hall members at any level of cooking experience. Lessons will be provided in English.

Space is limited and first come first served

Monday, January 15th -Monday, February 26th

(6 sessions)

10:30am-1:30pm

Cost: Free

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

Or

Tharaniga at 416-752-0101 ext: 4227



Book Club

Are you someone who enjoys reading? Would you be interested in joining fellow book enthusiasts for a cup of coffee and engaging in friendly conversations in a cozy and inviting atmosphere? Our book club is set to restart in February 2024. If you are interested in signing up please let me know.

2nd Thursday of every month
From 11am-12:00pm
Starting on **February 8, 2024** at
Harmony Hall.

To register contact Selvy at
416-752-0101 ext. 4224

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

Bingo at Harmony Hall (in-person)

First and last Monday of every
month

1:30-3:30pm

For more information:

Selvy: 416-752-0101 ext:: 4224

Help Needed

Scrapbooking

Do you have a creative side and want to contribute to capturing and preserving our cherished memories of the events and trips organized by Harmony Hall? We are seeking volunteers to turn our collection of photos and mementos into a beautiful photo album. All the necessary materials will be provided, and we are looking for a maximum of 8 volunteers to gather once a month and assist us in completing this project.

January – March

Last Thursday of every month

January 25, February 29 &

March 28

1:00-2:30pm

To register contact Selvy at
416-752-0101 ext. 4224