

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00-3:00pm	2 Tamil Social 9:00am-3:00pm English Committee Meeting 10:00-11:00am	3 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	4 Knit & Chat (Harmony Hall) 1:00-2:30 pm	5 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
8 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	9 Tamil Social 9:00am-3:00pm Swiss Chalet Lunch Out 12:00-2:00pm	10 Chair Yoga (Harmony Hall) 9:30-10:30am Euchre (Harmony Hall) 11:00am-2:00pm 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 Book Club (Harmony Hall) 11am-12:00pm	12 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
15 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	16 Tamil Social 9:00am-3:00pm	17 No Chair Yoga (Harmony Hall) Euchre (Harmony Hall) 11:00am-2:00pm No Chair Yoga (Crescent Town Hybrid) 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 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm Movie Trip: Bell Light Box Theatre 10:00am-1:30pm
22 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	23 Tamil Social 9:00am-3:00pm	24 No Chair Yoga (Harmony Hall) No Euchre (Harmony Hall) No Chair Yoga (Crescent Town) No Knit & Chat (Crescent Town) CFC Community Meal 3:30-5:00pm	25 Knit & Chat (Harmony Hall) 1:00-2:30 pm	26 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
29 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	30 Tamil Social 9:00am-3:00pm			

Chair Yoga is Back!

Join us to experience the power of breathing and gentle movement!

All levels are welcome.

Cost: Free

Harmony Hall

Wednesday, 9:30-10:30am

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

Crescent Town (Hybrid)

Wednesday, 11am-12pm

To register call Nazly at 647-233-4898

Please note: No Yoga on April 17 & 24

CFC Community Meal

Every Wednesday

(Harmony Hall)

3:30pm-5:00pm

Consists of a hot delicious takeout meal, 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@srhc.com

French Class

Join our French Class to learn the basics, improve your conversation skills in French, meet new friends and socialize.

Every Friday

9:30-10:30am at Harmony Hall

Cost: Free

For more information and registration contact:
Billy: 416-752-0101 ext: 4223

Knit & Chat at Harmony Hall

(2 Gower Street)

Every Thursday

1:00-2:30pm

Knit & Chat at Crescent Town

(2A the Market Place)

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 Wednesday, April 24

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?

2nd Thursday of every month

From 11am-12:00pm

at Harmony Hall.

To register contact 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

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:15-2:15pm

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

Bingo at Harmony Hall

(in-person)

First and last Monday of every month

1:00-3:00pm

For more information:

Selvy: 416-752-0101 ext.: 4224

Euchre

Exciting news - our weekly Euchre program is finally back after a long break caused by the Covid-19 pandemic. Whether you love playing Euchre or used to be a part of our Euchre group, we would love to have you join us for a fun card game.

Every Wednesday

11am-2pm

Starting on April 10th

(Advance Level only)

For more information contact:

Selvy: 416-752-0101 ext: 4224

Please note: No Euchre on April 24

Gentle Fitness

(in-person)

All levels welcome

Cost: Free

Monday 9:30-10:30am

(Harmony Hall)

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

Monday 11:00am-12:00pm

(Crescent Town)

To register call Nazly at 647-233-4898



Reminder:

Don't forget to

Renew Your Membership

It's that time of the year again! We kindly remind you to renew your annual membership for the current membership year of **2024/2025**. Your membership plays a vital role in supporting Harmony Hall and all the wonderful programs that you enjoy here. Our membership year runs from April to March.

The annual membership fee is \$20.

Thank you for your continued support!

For more information contact Selvy at 416-752-0101 ext. 4224

Lunch Out

Swiss Chalet

(1400 O'Connor Dr, East York
Bermondsey Rd & O'Connor Dr)

Tuesday, April 9th

12-2:00pm

Cost: (pay onsite)

Come celebrate Easter with your fellow members at Swiss Chalet. We will be meeting at the restaurant at 12pm. The cost will be based on what you order.

For more information contact Selvy at 416-752-0101 ext. 4224

