


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 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	2 Knit & Chat (Harmony Hall) 1:00-2:30 pm	3 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
6 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	7 Tamil Social 9:00am-3:00pm	8 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	9 No Knit & Chat (Harmony Hall)	10 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
13 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	14 Tamil Social 9:00am-3:00pm	15 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	16 Knit & Chat (Harmony Hall) 1:00-2:30 pm	17 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
20  OFFICE CLOSED	21 Tamil Social 9:00am-3:00pm	22 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	23 Knit & Chat (Harmony Hall) 1:00-2:30 pm	24 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm
27 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo 1:00-3:00pm	28 Tamil Social 9:00am-3:00pm Good Food Market 3:00-5:00pm (Harmony Hall)	29 No Chair Yoga (Harmony Hall) No Euchre (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) CFC Community Meal 3:30-5:00pm	30 Knit & Chat (Harmony Hall) 1:00-2:30 pm Book Club (Harmony Hall) 11am-12:00pm Spring Tea Party 2:00-3:30pm	31 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:15-2:15pm

Chair Yoga

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

No Yoga on May 29th

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

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

(Advance Level only)

For more information contact:

Selvy: 416-752-0101 ext: 4224

Please note: No Euchre on May 29th

Harmony Good Food Market

Locally grown fresh fruits and vegetables at affordable prices.

Every Tuesday at Harmony Hall Starting

on May 28th, until end of October 2024

3:00pm-5:00pm

Spring Tea Party

Join us to celebrate the special connection of friendship among our members. Don't miss out on an afternoon filled with delicious snacks, wonderful music and endless laughter. Non-members are welcome! Feel free to bring a friend.



Knit & Chat at Harmony Hall

(2 Gower Street)

Every Thursday

1:00-2:30pm

Knit & Chat at Crescent Town

Every Wednesday

1:00-2:30pm

All levels welcome

For more information contact:

Selvy: 416-752-0101 ext: 4224

No Knit & Chat at HH on May 9th

No Knit & Chat at CT on May 29th

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

Please note: Book Club will be held on Thursday, May 30th this month.

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

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



Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:15-2:15pm

Cost: Free

To register call Selvy at

416-752-0101 ext:4224

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

Thursday, May 30th

2:00-3:30pm

Cost: free

Participants are limited to 40.

For registration and more information contact Selvy or Ayesha at 416-752-0101

Deadline to register:

Thursday, May 23rd