


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Knit & Chat (Harmony Hall) 1:00-2:30 pm	2 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
5  OFFICE CLOSED	6 Tamil Seniors Program 9:00am-3:00pm English Committee Meeting 10:00-11:00am Good Food Market 3:00-5:00pm (Harmony Hall)	7 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 2:00-3:15pm CFC Community Meal 3:30-5:00pm Euchre will resume in September	8 Chronic Pain Self-Management Program 9:30am-11:45am Book Club 11:00am-12:00pm Knit & Chat (Harmony Hall) 1:00-2:30 pm	9 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
12 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Lunch Out: Eggsmart 12:30pm-2:30pm	13 Tamil Seniors Program 9:00am-3:00pm Good Food Market 3:00-5:00pm (Harmony Hall)	14 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 2:00-3:15pm CFC Community Meal 3:30-5:00pm Euchre will resume in September	15 Chronic Pain Self-Management Program 9:30am-11:45am Knit & Chat (Harmony Hall) 1:00-2:30 pm	16 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
19 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	20 Tamil Seniors Program 9:00am-3:00pm Good Food Market 3:00-5:00pm (Harmony Hall)	21 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 2:00-3:15pm CFC Community Meal 3:30-5:00pm Euchre will resume in September	22 Chronic Pain Self-Management Program 9:30am-11:45am Trip: St. Lawrence Market 10:30am-1:30pm Knit & Chat (Harmony Hall) 1:00-2:30 pm	23 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
26 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	27 Tamil Seniors Program 9:00am-3:00pm Good Food Market 3:00-5:00pm (Harmony Hall)	28 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Knit & Chat (Crescent Town) 2:00-3:15pm CFC Community Meal 3:30-5:00pm Euchre will resume in September	29 Chronic Pain Self-Management Program 9:30am-11:45am Knit & Chat (Harmony Hall) 1:00-2:30 pm	30 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm

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



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@srchc.com

Lunch Out: Eggsmart

(1923 Eglinton Ave E)

Date: Monday, August 12th

Time: 12:30-2:30pm

Cost: Depending on your order.

Pay onsite

For more information and
registration contact:

Selvy: 416-752-0101 ext: 4224

Harmony Good Food Market

Locally grown high quality fresh fruits and vegetables at affordable prices.

Every Tuesday at Harmony Hall

from 3:00pm-5:00pm

until end of October 2024



Trip: St. Lawrence Market

Date: Thursday, August 22nd

Pickup Time: 10:30am (HH&CT)

Return Pickup: 1:30pm

Cost: \$ 7.70 (applies only if using our transportation)

Participants are limited to 14. First come first served.



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

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 about beloved books 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

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

Chronic Pain Self-Management Program

9:30am -11:45am

Cost: Free

Join our Chronic Pain Workshop to learn simple ways to manage pain better. We'll cover pacing activities, setting goals, positive thinking, and how to communicate effectively. Take steps towards feeling better and improving your daily life with us.

Every Thursday for 6 weeks

August 8th -September 12th

For more information:

Selvy: 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

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 1:30-2:30pm

Cost: Free

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

Knit & Chat at Harmony Hall

(2 Gower Street)

Every Thursday

1:00-2:30pm

Knit & Chat at Crescent Town

Every Wednesday

2:00-3:15pm

All levels welcome

For more information contact:

Selvy: 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