


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>1</p>  <p>OFFICE CLOSED</p>	<p>2</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Nature Walk at Taylor Creek Park 10:00-11:00am</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>3</p> <p>Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Euchre (Harmony Hall) 11:00am-2:00pm Knit & Chat (Crescent Town) 2:00- 3:15pm CFC Community Meal 3:30-5:00pm</p>	<p>4</p> <p>Exercise Ball Workout (Harmony Hall) 9:30-10:30am</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>5</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Smartphone Workshop (Crescent Town) 11:00am -12:00pm</p>
<p>8</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p>	<p>9</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Nature Walk at Taylor Creek Park 10:00-11:00am</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>10</p> <p>Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Euchre (Harmony Hall) 11:00am-2:00pm Knit & Chat (Crescent Town) 2:00- 3:15pm CFC Community Meal 3:30-5:00pm</p>	<p>11</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Book Club 11:00am-12:00pm</p>	<p>12</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Smartphone Workshop (Crescent Town) 11:00am -12:00pm</p>
<p>15</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Lunch Out Gabby's (Parkway Mall, Vic Park & Ellesmere) 12:00-2:30pm</p>	<p>16</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Nature Walk at Taylor Creek Park 10:00-11:00am</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>17</p> <p>Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Euchre (Harmony Hall) 11:00am-2:00pm Knit & Chat (Crescent Town) 2:00- 3:15pm CFC Community Meal 3:30-5:00pm</p>	<p>18</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>19</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm</p> <p>Smartphone Workshop (Crescent Town) 11:00am -12:00pm</p>
<p>22</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p>	<p>23</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Nature Walk at Taylor Creek Park 10:00-11:00am</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>24</p> <p>Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM Euchre (Harmony Hall) 11:00am-2:00pm Knit & Chat (Crescent Town) 2:00- 3:15pm CFC Community Meal 3:30-5:00pm</p>	<p>25</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>26</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Smartphone Workshop (Crescent Town) 11:00am -12:00pm</p>
<p>29</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm</p>	<p>30</p> <p>Tamil Seniors Program 9:00am-3:00pm Nature Walk at Taylor Creek Park 10:00-11:00am Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>31</p> <p>No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Euchre (Harmony Hall) Knit & Chat (Crescent Town) 2:00- 3:15pm CFC Community Meal 3:30-5:00pm</p>		

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 1:30-2:30pm

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:
Billv: 416-752-0101 ext: 4223

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

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

Nature Walk

Every Tuesday

10:00-11:00am

Join us for a free 8week nature walk
experience at Taylor Creek park.

June 11- July 30



Meet at the parking lot
facing Dawes Road
To register call Selvy at
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

(Advance Level only)

For more information contact:

Selvy: 416-752-0101 ext: 4224

No Euchre on July 31st.

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

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

**Please note: No Yoga at both
locations on July 31st**

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



Smartphone Workshop

Every Friday (Crescent Town)

11:00am-12:00pm

Cost: Free

Come to our hands-on workshop and
master taking great photos with your
iPhone or Android. Learn everything
from basic functions to advanced
techniques!

Participants are limited to 5.

First come, first served

For more information

Naima at 416-752-0101 ext: 4233



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