

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
4 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00-3:00pm	5 Tamil Seniors Program 9:00am-3:00pm English Committee Meeting 10:00-11:00am	6 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	7 Knit & Chat (Harmony Hall) 1:00-2:30 pm Zumba Gold 2:30-3:30pm (Harmony Hall)	8 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
11 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	12 Tamil Seniors Program 9:00am-3:00pm	13 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	14 Knit & Chat (Harmony Hall) 1:00-2:30 pm Book Club 11:00am-12:00pm Zumba Gold 2:30-3:30pm (Harmony Hall)	15 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
18 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm	19 Tamil Seniors Program 9:00am-3:00pm Lunch Out Hamish's Kitchen 11:30am-1:30pm Winter Good Food Market 3:30-5:00pm	20 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	21 Knit & Chat (Harmony Hall) 1:00-2:30 pm Zumba Gold 2:30-3:30pm (Harmony Hall)	22 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
25 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	26 Tamil Seniors Program 9:00am-3:00pm	27 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	28 Knit & Chat (Harmony Hall) 1:00-2:30 pm Zumba Gold 2:30-3:30pm (Harmony Hall) Flu Shot Clinic (Harmony Hall) 9:00am-12:00pm	29 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



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

Zumba Gold

Every Thursday

November 7th to November 28th

2:30-3:30pm

At Harmony Hall

Cost: Free

Space is limited.

First come, first served

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

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

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

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

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

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:30-2:30pm

Cost: Free

To register call Selvy at

416-752-0101 ext:4224

Lunch Out Hamish's Kitchen (95 Lebovic Drive)

Date: **Tuesday, November 19th**

Time: **11:30am- 1:30pm**

Cost: Depending on your order.

Pay onsite

For more information and
registration contact:

Selvy: 416-752-0101 ext: 4224



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

tsukumaran@srhc.com

or

Marishka at 416-752-0101 ext:4227

mradwanski@srhc.com

Flu Shot Clinic Thursday, November 28th

9:00am-12:00pm

at Harmony Hall

For everyone in the community over
the age of 6 months.

No appointments necessary.

Walk-in clinic. First come, first served.

Please bring your OHIP card with you.

High-dose flu vaccines available.



Winter Good Food Market

Starting in November

at Harmony Hall

Harmony Good Food Market will be
held indoors once a month during the
winter season!

A community spot where you can
connect with your neighbours and buy
fresh locally grown high-quality fruits
and vegetables at affordable prices.

**For more details contact Sara at
416-752-0101 ext. 4226**