


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>No Knit & Chat</p>	<p>3</p> <p>No Chinese Seniors Program No Line Dance No Tai Chi</p>
<p>6 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Harmony Café 11:00am-12:00pm</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>No Bingo</p>	<p>7 Tamil Seniors Program 9:00am-3:00pm</p>	<p>8 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</p> <p>CFC Community Meal 3:30-5:00pm</p>	<p>9 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>10 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Zumba Gold (Crescent Town) 11:15am-12:15pm</p>
<p>13 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm</p>	<p>14 Tamil Seniors Program 9:00am-3:00pm</p>	<p>15 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM</p> <p>Knit & Chat (Crescent Town) 1:00-2:30pm</p> <p>CFC Community Meal 3:30-5:00pm</p>	<p>16 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Book Club 11:00am-12:00pm</p>	<p>17 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Zumba Gold (Crescent Town) 11:15am-12:15pm</p>
<p>20 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm</p>	<p>21 Tamil Seniors Program 9:00am-3:00pm</p> <p>Winter Good Food Market 3:30-5:00pm (Harmony Hall)</p>	<p>22 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM</p> <p>Knit & Chat (Crescent Town) 1:00-2:30pm</p> <p>CFC Community Meal 3:30-5:00pm</p>	<p>23 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>24 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Zumba Gold (Crescent Town) 11:15am-12:15pm</p>
<p>27 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm</p> <p>Bingo (Harmony Hall) 1:00- 3:00pm</p>	<p>28 Tamil Seniors Program 9:00am-3:00pm</p>	<p>29 Please Note: No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) due to an all staff meeting</p> <p>CFC Community Meal 3:30-5:00pm</p>	<p>30 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Lunch Out Mandarin 12:00-2:30pm</p>	<p>31 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm</p> <p>Zumba Gold (Crescent Town) 11:15am-12:15pm</p>

Gentle Fitness

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:

Marishka at 416-752-0101 ext:4227
mradwanski@srchc.com

or

Sara at 416-752-0101 ext: 4226
sclement@srchc.com

Lunch Out

Mandarin Buffet

2206 Eglinton Ave East
(Birchmount and Eglinton)

Thursday, January 30th

12:00-2:30 pm

Cost: \$22

(including tips, tea and coffee)
Deadline to pay: Monday,
January 20th

Please bring your ID to qualify
for the seniors'(65+) discount.

Harmony Café

Join us for a healthy breakfast while
enjoying some quality time
together

Every **Monday at Harmony Hall,**

Cost: Free

Time: 11am-12pm

This is a program of our Community
Food Centre and everyone in the
community is welcome to attend.
No registration required.

For more information:

Marishka at 416-752-0101 ext:4227
mradwanski@srchc.com

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223
No Line Dance on January 3rd

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

**Book Club is scheduled for Jan 16th this
month.**

**Please note that the
French class on Fridays will
be cancelled until further
notice.**

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 (in-person& virtual)
Wednesday, 11am-12pm

To register call Nazly at
647-233-4898

**No Chair Yoga at both locations on
Wednesday, January 29th**

Winter Good Food Market 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**

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:30-2:30pm

Cost: Free

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

No Tai Chi on January 3rd

Bingo at Harmony Hall

First and last Monday of every
month

1:00-3:00pm

For more information:

Selvy: 416-752-0101 ext.: 4224
No Bingo on Monday, January 6th

Zumba Gold

Every Friday

January 10th to January 31st

11:15am-12:15pm

At Crescent Town

Cost: Free

Space is limited.

First come, first served

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

1:00-2:30pm

All levels welcome

For more information contact:

Selvy: 416-752-0101 ext: 4224

**No Knit & Chat at Crescent Town on
Wednesday, January 29th**