

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>3 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Cafe 11:00am-12:00pm</p> <p>Bingo (Harmony Hall) 1:00- 3:00pm</p>	<p>4 Tamil Seniors Program 9:00am-3:00pm</p> <p>English Committee Meeting 10:00-11:00am</p>	<p>5 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 (dine-in) 3:30-5:00pm</p>	<p>6 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>7 Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>10 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Cafe 11:00am-12:00pm</p>	<p>11 Tamil Seniors Program 9:00am-3:00pm</p>	<p>12 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 (dine-in) 3:30-5:00pm</p>	<p>13 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>14 Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>17 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>St. Patrick's Day Luncheon 12:00-2:00pm</p>	<p>18 Tamil Seniors Program 9:00am-3:00pm</p>	<p>19 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00pm No Knit & Chat (Crescent Town) CFC Community Meal (dine-in) 3:30-5:00pm Trip: Royal Botanical Garden 8:50am- 5:00pm</p>	<p>20 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Book Club 11:00am-12:00pm</p>	<p>21 Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 2:00-3:00pm</p>
<p>24 Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Cafe 11:00am-12:00pm</p>	<p>25 Tamil Seniors Program 9:00am-3:00pm</p>	<p>26 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM No Knit & Chat (Crescent Town) CFC Community Meal (dine-in) 3:30-5:00pm Trip: One of A Kind Spring Show 2025 9:30am-4:00pm</p>	<p>27 Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>28 Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>31 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Cafe 11:00am-12:00pm</p> <p>Bingo (Harmony Hall) 1:00- 3:00pm</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



St. Patrick's Day Luncheon

Monday, March 17th

12:00-2:00pm

Cost: \$8

Menu:

Garden Salad

Shepherd's Pie

Steamed Vegetables

Mashed Potatoes

&

Apple Rose Pastry with Ice Cream



Deadline to register:

Wednesday, March 12th

To register call Selvy at
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:
Selvv: 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?

3rd Thursday of every month

From 11am-12:00pm

at Harmony Hall.

To register contact 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

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



CFC Community Meal Program

(To support those experiencing
food insecurity)

Join us for a free hot, nutritious
meal served with care in a
welcoming and inclusive
atmosphere.

Every Wednesday (dine-in)

(Harmony Hall)

3:30pm-5:00pm

For more information and to
register:

Marishka at 416-752-0101
ext:4227

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

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:
Billy: 416-752-0101 ext: 4223

Annual Membership Renewal

Reminder

Dear valued member,
We want to take a moment to remind
you that your membership is set to
renew in two months, on March 31,
2025. Our membership year runs from
April 1st to March 31st, and the **annual
fee is \$20.**

Program membership benefits:

- **Access to variety of free recreational, educational, cultural and food programs.**
- **Social opportunities like special events, luncheons and day trips**
- **Discounts on programs and services**
- **Exposure to a vibrant multicultural environment and diverse staff**

Thank you to all our members for
making Harmony Hall special!

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:30-2:30pm

Cost: Free

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

Please Note:

Tai Chi sessions will take place from
2:00 to 3:00 PM on the Fridays when we
celebrate the Chinese Program's Birthday
lunch. This event happens on either the
second or third Friday of every month.

