


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	<b>1</b> <b>Tamil Seniors Program</b> 9:00am-3:00pm  <b>English Committee Meeting</b> <b>10:00-11:00am</b>	<b>2</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>3</b>	<b>4</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am <b>Tai Chi (Harmony Hall)</b> 1:30-2:30pm  <b>TIFF Movie Trip</b> <b>11:00am-2:30pm</b>
<b>7</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm  <b>Bingo (Harmony Hall)</b> <b>1:00- 3:00pm</b>	<b>8</b> <b>Tamil Seniors Program</b> 9:00am-3:00pm	<b>9</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>Open House at CT</b> <b>9:30am-12:30pm</b> <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>10</b>	<b>11</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm  <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> <b>2:00-3:00pm</b>
<b>14</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm <b>No Harmony Café</b>  <b>Easter Luncheon</b> <b>12:00-2:00pm</b>	<b>15</b> <b>Tamil Seniors Program</b> 9:00am-3:00pm	<b>16</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>17</b> <b>Book Club</b> 11:00am-12:00pm	<b>18</b>  
<b>21</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am  <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm	<b>22</b> <b>Tamil Seniors Program</b> 9:00am-3:00pm	<b>23</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>24</b>	<b>25</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm  <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> 1:30-2:30pm
<b>28</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm  <b>Bingo (Harmony Hall)</b> <b>1:00- 3:00pm</b>	<b>29</b> <b>Tamil Seniors Program</b> 9:00am-3:00pm	<b>30</b> <b>No Chair Yoga (Harmony Hall)</b> <b>No Chair Yoga (Crescent Town Hybrid)</b> <b>No Knit &amp; Chat (Crescent Town)</b>  <b>No CFC Community Meal</b>		

### 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

**Please note: No Yoga at both locations on April 30th**

### 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?

**3<sup>rd</sup> Thursday of every month**

**From 11am-12:00pm**

at Harmony Hall.

To register contact Selvy at  
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

Please Note:

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

### 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

### CFC Community Meal

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:

Sarah at 416-752-0101 ext:4226  
sclement@srhc.com

### Knit & Chat at Crescent Town

**Every Wednesday**

**1:00-2:30pm**

All levels welcome

For more information contact:

Selvy: 416-752-0101 ext: 4224

### Annual Membership Renewal Reminder

Dear valued member,

We want to take a moment to remind you that it's time to renew your membership for the 2025/2026 year.

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!

### Easter Luncheon

**Monday, April 14<sup>th</sup>**

**12:00-2:00pm**

**Cost: \$6**

### Menu:

Garlic Bread  
Garden Salad  
Roasted Turkey  
Steamed Vegetables  
Mashed Potatoes  
&  
Mini Easter Cupcake

Deadline for payment & registration:

**Wednesday, April 9th**

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

### Coming Soon!

### Food & Fitness

We are putting together for a food and fitness program that will help you fuel your body and stay active.

Stay tuned for tasty recipes, energizing Zumba workouts, and expert tips to keep you on track.

### Community Choir for Seniors

A Community Choir led by professional musicians is starting soon! Whether you are a seasoned singer or just love to sing for fun, this is your chance to be part of something special.

Stay tuned for more details.