

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<b>2</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm <b>Harmony Café</b> 11:00am-12:00pm  <b>Community Choir</b> 1:30-3:00pm	<b>3</b> <b>Tamil Seniors Program</b> 9:00am-2:30pm  <b>English Committee Meeting</b> 10:00-11:00am  <b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm	<b>4</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>5</b> <b>Food &amp; Fitness for Seniors</b> 9:30am-12:00pm	<b>6</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>9</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm  <b>Community Choir</b> 1:30-3:00pm	<b>10</b> <b>Tamil Seniors Program</b> 9:00am-2:30pm  <b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm	<b>11</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>12</b> <b>Food &amp; Fitness for Seniors</b> 9:30am-12:00pm	<b>13</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> 2:00-3:00pm
<b>16</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm <b>Community Choir</b> 1:30-3:00pm	<b>17</b> <b>Tamil Seniors Program</b> 9:00am-2:30pm  <b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm	<b>18</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>19</b> <b>Food &amp; Fitness for Seniors</b> 9:30am-12:00pm  <b>Book Club</b> 11:00am-12:00pm	<b>20</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>23</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm <b>Harmony Café</b> 11:00am-12:00pm  <b>Community Choir</b> 1:30-3:00pm	<b>24</b> <b>Tamil Seniors Program</b> 9:00am-2:30pm  <b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm	<b>25</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>26</b> <b>Food &amp; Fitness for Seniors</b> 9:30am-12:00pm	<b>27</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>30</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm  <b>Program Advisory Committee Election Meeting &amp; Lunch</b> 12:00pm-2:00pm				



### 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

### Zumba Gold

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

(Crescent Town)

To register call Nazly at

647-233-4898

### 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

### Community Choir for Seniors

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

Every Monday  
June 2<sup>nd</sup> -June23<sup>rd</sup>  
1:30pm-3:00pm

For more information contact:  
Selvy: 416-752-0101 ext: 4224

### Knit & Chat at Crescent Town Every Wednesday

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

All levels welcome

For more information contact:  
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

### 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@srchc.com

### 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.

### 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?

**Thursday, June 19<sup>th</sup>**

**11am-12:00pm**

at Harmony Hall.

To register contact Selvy at  
416-752-0101 ext. 4224

Program Advisory Committee Election  
Meeting & Lunch

**Monday, June 30<sup>th</sup>**

**12:00-1:00pm**

**Lunch**

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

**Program Advisory Committee  
Election Meeting**

**Menu: Veggie or Meat Lasagna  
Garden Salad  
Apple Pie with Ice cream**

**Cost: \$6**

**Deadline to register:  
Monday, June 23<sup>rd</sup>**

For more information & registration  
contact:  
Selvy: 416-752-0101 ext: 4224

### Line Dance

(Intermediate level only)

**Fridays 10:30-11:30am**

**Cost: Free**

For more details:

Billv: 416-752-0101 ext: 4223

### Harmony Good Food Market

Locally grown fresh fruits and  
vegetables at affordable prices.

**Every Tuesday at Harmony Hall**

**May- October 2025**

**2:45pm-4:45pm**

For more information:  
Sarah at 416-752-0101 ext:4226  
sclement@srchc.com

### Food & Fitness for Seniors

This is a 6-week program designed for  
older adults to stay active, eat  
healthily, and connect with others. This  
program runs every Thursday from  
May 22<sup>nd</sup> to June 26<sup>th</sup>, 9:30 AM to  
12:00 PM, at Harmony Hall. Activities  
include Zumba Gold dance classes,  
workshops on healthy eating and meal  
planning, mindful eating sessions,  
hands-on cooking demos, group meals,  
and nutrition tips for seniors. Free TTC  
tickets are provided.

**Cost: Free**

**For more information contact Selvy at  
416-752-0101 ext. 4224.**

Please note that the registration  
deadline has passed in May and we  
have reached the full capacity for this  
program. However, if you are still  
interested in joining, we would be  
happy to add you to the waiting list.