


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
4  OFFICE CLOSED	5 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	6 Chair Yoga (Crescent Town Hybrid) 9:30-10:30am Chair Yoga (Harmony Hall) 11:00am- 12:00pm Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	7 Water Colour Painting 1:30-3:30pm	8 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm Mandarin Lunch Out 12:30-2:30pm
11 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Community Choir 1:30-3:30pm	12 Tamil Seniors Program 9:00am-2:30pm English Committee Meeting 10:00-11:00am Good Food Market (Harmony Hall) 2:45pm-4:45pm	13 Chair Yoga (Crescent Town Hybrid) 9:30-10:30am Chair Yoga (Harmony Hall) 11:00am- 12:00pm Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	14 Water Colour Painting 1:30-3:30pm	15 Chinese Seniors Program 9:00am-3:00pm 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 Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Community Choir 1:30-3:30pm	19 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	20 Chair Yoga (Crescent Town Hybrid) 9:30-10:30am Chair Yoga (Harmony Hall) 11:00am- 12:00pm Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	21 Book Club 11:00am-12:00pm	22 Chinese Seniors Program 9:00am-3:00pm 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 Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Bingo 1:00-3:00pm	26 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	27 Chair Yoga (Crescent Town Hybrid) 9:30-10:30am Chair Yoga (Harmony Hall) 11:00am- 12:00pm Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	28	29 Chinese Seniors Program 9:00am-3:00pm 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

Zumba Gold

Monday 11:00am-12:00pm

(Crescent Town)

To register call Nazly at
647-233-4898

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@srhc.com

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, August 21st

11am-12:00pm

at Harmony Hall.

To register contact Selvy at
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, 11:00am-12:00pm

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

Crescent Town (Hybrid)

Wednesday, 9:30am-10:30am

To register call Nazly at
647-233-4898

(Please note, the time change is
only for July and August)

Knit & Chat at Crescent Town

Every Wednesday

1:30-3:00pm

All skills levels are welcome!

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

(Please note, the time change is
only for July and August.)

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

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.

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

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

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.

Monday, August 11th & 18th
1:30pm-3:00pm

**Please Note: These August
sessions are rehearsal classes for
those who registered for the
program in June.**

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

Lunch Out

Mandarin Buffet

2206 Eglinton Ave East
(Birchmount and Eglinton)

Friday, August 8th

12:30-2:30 pm

Cost: \$25

(including tips, tea and coffee)

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

Coming Soon!

- We are planning a new clay workshop series for seniors, led by professional clay artist in a fully equipped studio setting.
- Another interesting day trip is being planned for the end of September
- A Community Choir Concert – A free event where our Community Choir participants will join professional musicians on stage to share and celebrate their musical talents.

Stay tuned for more details and
dates! 😊