


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	<p>1</p>  <p><b>OFFICE CLOSED</b></p>	<p>2</p> <p><b>Chair Yoga (Crescent Town Hybrid)</b> 9:30-10:30am <b>Chair Yoga (Harmony Hall)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:30-3:00pm <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm</p>	<p>3</p> <p><b>BBQ @ Woodbine Beach</b> <b>12:00-2:00pm</b></p>	<p>4</p> <p><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</p>
<p>7</p> <p><b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm</p> <p><b>No Harmony Café</b></p> <p><b>Bingo (Harmony Hall)</b> <b>1:00-3:00pm</b></p>	<p>8</p> <p><b>Tamil Seniors Program</b> 9:00am-2:30pm</p> <p><b>English Committee Meeting</b> <b>10:00-11:00am</b></p> <p><b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm</p>	<p>9</p> <p><b>Chair Yoga (Crescent Town Hybrid)</b> 9:30-10:30am <b>Chair Yoga (Harmony Hall)</b> 11:00- 12:00PM</p> <p><b>Knit &amp; Chat (Crescent Town)</b> 1:30-3:00pm</p> <p><b>CFC Community Meal (dine-in)</b> 3:30-5:00pm</p>	<p>10</p> <p><b>Nature Walk</b> 9:30-10:30am</p>	<p>11</p> <p><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</p>
<p>14</p> <p><b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Zumba Gold (Crescent Town)</b> 11:00am-12:00pm</p> <p><b>No Harmony Café</b></p>	<p>15</p> <p><b>Tamil Seniors Program</b> 9:00am-2:30pm</p> <p><b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm</p>	<p>16</p> <p><b>Chair Yoga (Crescent Town Hybrid)</b> 9:30-10:30am <b>Chair Yoga (Harmony Hall)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:30-3:00pm <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm</p>	<p>17</p> <p><b>Nature Walk</b> 9:30-10:30am</p> <p><b>Book Club</b> 11:00am-12:00pm</p> <p><b>Water Colour Painting</b> 1:30-3:30pm</p>	<p>18</p> <p><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></p>
<p>21</p> <p><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</p>	<p>22</p> <p><b>Tamil Seniors Program</b> 9:00am-2:30pm</p> <p><b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm</p>	<p>23</p> <p><b>No Chair Yoga (Crescent Town Hybrid)</b> <b>No Chair Yoga (Harmony Hall)</b> <b>Knit &amp; Chat (Crescent Town)</b> <b>1:30-3:00pm</b></p> <p><b>No CFC Community Meal</b></p> <p>No Programs at HH due to All Staff Meeting</p>	<p>24</p> <p><b>Nature Walk</b> 9:30-10:30am</p> <p><b>Water Colour Painting</b> 1:30-3:30pm</p>	<p>25</p> <p><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</p>
<p>28</p> <p><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</p> <p><b>Bingo (Harmony Hall)</b> <b>1:00-3:00pm</b></p>	<p>29</p> <p><b>Tamil Seniors Program</b> 9:00am-2:30pm</p> <p><b>Good Food Market (Harmony Hall)</b> 2:45pm-4:45pm</p>	<p>30</p> <p><b>No Chair Yoga (Crescent Town Hybrid)</b> <b>No Chair Yoga (Harmony Hall)</b> <b>No Knit &amp; Chat (Crescent Town)</b></p> <p><b>CFC Community Meal (dine-in)</b> 3:30-5:00pm</p> <p><b>Day Trip:</b> <b>Andrews Farm &amp; Winery and Dixie Outlet Mall</b> <b>9:00am-4:30pm</b></p>	<p>31</p> <p><b>Nature Walk</b> 9:30-10:30am</p> <p><b>Water Colour Painting</b> 1:30-3:30pm</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

### 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

### 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

### 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)**

### 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.

### 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, July 17<sup>th</sup>**

**11am-12:00pm**

at Harmony Hall.

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

### Trip:

**Andrews Farm & Winery and  
Dixie Outlet Mall**

**Date: Wednesday, July 30<sup>th</sup>**

**Time: 9:00am-4:30pm**

**Transportation: School bus**

**Cost: \$ 15** (includes admission,  
transportation, and gratuities)

Lunch is not included, you may bring  
your own lunch or buy food at the  
mall)

**The trip participants selection  
process:**

Priority will be given to members  
who haven't previously attended  
any of our trips. The first 10 spots  
will be reserved for them. The  
remaining 10 spots will be filled on a  
first come first served basis for  
others.

Registration & payment deadline:

**Monday, July 21<sup>st</sup>**

For more information:  
Selvy: 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

### Nature Walk

**Every Thursday**

**July 10<sup>th</sup> -31<sup>st</sup>**

**9:30-10:30am**

Join us for a free 4week nature walk  
experience at **Taylor Creek** park.



Meet at the parking lot  
facing Dawes Road

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

Join us for a

**BBQ at Woodbine Beach**

**Thursday, July 3rd**

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

**Cost: \$7**

Menu

Beef or Veggie Burger

Garden Salad

Buttered Corn

Watermelon

Participants are limited to 30.

First come, first served

For more information:

Selvy: 416-752-0101 ext: 4224

