


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, Hybrid) 11:00- 12:00pm Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm	2 Community Choir Concert 11:00am-1:00pm	3 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
6 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Bingo (Harmony Hall) 1:00-3:00pm	7 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	8 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, Hybrid) 11:00- 12:00pm Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm	9 Hands in Harmony (Pottery Class) 1:00-3:00pm	10 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
13 OFFICE CLOSED 	14 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm English Committee Meeting 10:00-11:00am	15 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town, Hybrid) No Knit & Chat (Crescent Town) CFC Community Meal (dine-in) 3:30-5:00pm Trip: The Village at Black Creek & Mandarin Buffet 10:30am-5:30pm	16 Book Club 11:00am-12:00pm Hands in Harmony (Pottery Class) 1:00-3:00pm	17 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm Mindfulness (Crescent Town) 10:00-11:30am
20 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	21 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	22 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, Hybrid) 11:00- 12:00pm Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm	23 Hands in Harmony (Pottery Class) 1:00-3:00pm	24 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm Mindfulness (Crescent Town) 10:00-11:30am
27 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm No Harmony Café Thanksgiving Lunch 12:00-2:00pm	28 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	29 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town) No Knit & Chat (Crescent Town) No CFC Community Meal	30 Hands in Harmony (Pottery Class) 1:00-3:00pm	31 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm Mindfulness (Crescent Town) 10:00-11:30am



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

No Bingo on Monday, Oct 27th

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

Knit & Chat at Crescent Town

Every Wednesday

1:00-2:30pm

All skills levels are welcome!

For more information contact:

Selvy: 416-752-0101 ext: 4224

**No Knit & Chat on
Wednesday, Oct 15th & Oct 29th**

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 skills 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, 11:00am-12:00pm

To register call Nazly at

647-233-4898

**No Chair Yoga at both locations on
Wednesday, Oct 15th & Oct 29th**

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.

Mindfulness

**On Fridays 10:00-11:30am
at Crescent Town (Club Room)**

Date: **Oct17, Oct24, Oct31 & Nov7th**

Cost: Free

Don't miss out on this 4 week journey to learn:

- Simple mindfulness techniques to reduce stress
- Practical ways to improve focus, memory and emotional balance
- How to approach life with more ease, presence, and joy

Open to all levels

To register call Selvy at

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?

Thursday, October 16th

11am-12:00pm

at Harmony Hall.

To register contact Selvy at

416-752-0101 ext. 4224

Thanksgiving Lunch

When: **Monday, October 27th**

Where: Harmony Hall

Time: 12:00PM-2:00PM

Cost: Free

Participants are limited to 60 and will be selected on a first-come, first-served basis. Please note: This event is exclusively for participants of SALC English program.

For more information and registration call Selvy at 416-752-0101 ext:4224

Community Choir Concert

Date: **Thursday, October 2nd**

Time: 10:30am-12:30pm

Location: Harmony Hall, 2 Gower St

Cost: Free (includes admission and a boxed lunch)

See the attached flyer for registration and more information.

Hands in Harmony

Pottery Class

on Thursdays

Oct 9- Nov 13

Where: Studio on the Hill

Pickup Time: 12:30pm (CT)

: 12:30pm (HH)

- Learn pottery in a professional studio
- Create your own unique pieces
- Be creative and practice mindfulness

Transportation provided.

Participants are limited to 12 and first come, first served.

To register call 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

