



Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1  OFFICE CLOSED	2 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	3 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, Hybrid) 11:00- 12:00pm No Knit & Chat (Crescent Town) CFC Community Meal (dine-in) 3:30-5:00pm	4	5 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
8 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	9 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	10 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	11	12 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
15 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	16 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	17 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	18 Book Club 11:00am-12:00pm	19 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
22 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	23 Tamil Seniors Program 9:00am-2:30pm Good Food Market (Harmony Hall) 2:45pm-4:45pm	24 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	25 Trip: Ripley's Aquarium 9:30am-2:00pm	26 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
29 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	30  OFFICE CLOSED			



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

Please note: **No bingo on
Monday, September 1st.**

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, September 15th & 22nd
1:30pm-3:00pm

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

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

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

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

**Please note: We will be returning to
our regular yoga class schedule in
September:**

Harmony Hall 9:30-10:30am

Crescent Town 11:00am-12:00pm

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

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, September 18th

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.

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, September 3rd**

Trip:

Ripley's Aquarium

Date: Thursday, September 25th

Pick-up times:

10am (HH)

10am (CT) (5 Massey service door)

Return Pickup:

1:30pm (from the Aquarium)

Cost: \$8 (includes admission &
transportation)

Please note the spots are limited to 9
participants and this special trip is
only for members who have never
visited to Ripley's aquarium before.
Please see the attached flyer for
registration and other details.

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)

This is a joint event and participants
are limited to 20 per group. First
come, first served. See the attached
flyer for registration and more
information.

Coming Soon!

- Pottery workshop for seniors,
led by a professional clay
artist in a fully equipped
studio setting.
- A joint day trip in October
- Mindfulness classes at
Crescent Town

Stay tuned for more details and dates

