

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 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	4 Tamil Seniors Program 9:00am-2:30pm English Committee Meeting 10:00-11:00am	5 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	6 Hands in Harmony (Pottery Class) 1:00-3:00pm	7 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
10 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	11 Tamil Seniors Program 9:00am-2:30pm	12 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	13 Hands in Harmony (Pottery Class) 1:00-3:00pm	14 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm No Mindfulness (Crescent Town)
17 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	18 Tamil Seniors Program 9:00am-2:30pm	19 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	20 Book Club 11:00am-12:00pm	21 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
24 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	25 Tamil Seniors Program 9:00am-2:30pm	26 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, Hybrid) 11:00- 12:00pm Cultural Connections Through Food: English & Bengali Seniors Social 1:00-2:15pm No Knit & Chat (Crescent Town) CFC Community Meal (dine-in) 3:30-5:00pm	27	28 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

Cultural Connections Through

Food:

English & Bengali Seniors Social

Wednesday, November 26th

1:00pm-2:15pm

Cost: Free

Come and enjoy a light lunch while sharing stories, and laughter with both English and Bengali speaking seniors. It's a wonderful opportunity to celebrate our diverse cultures, and discover how food brings us all together.

Please note participants are limited to 20 per group and priority will be given to the members live in Crescent Town.

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

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

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

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: **Oct24, Oct31, Nov7th & Nov21st**

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

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 Ext: 4223



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

Trip:

Royal Agricultural Winter Fair

Tuesday, November 11

Cost: \$23 (includes admission & Transportation)

Pickup Time: 9:25am (HH)
9:30am (CT)

Return Pickup: 1:15pm

This is a joint trip with our Chinese seniors and participants are limited to 19 per group. Registration will start on Monday, November 3rd at 9:00am.

First come first served.

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

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