



January 2026

Seniors Active Living Centre

English Program

2 Gower Street

Contact Selvy at: 416-752-0101 ext. 4224

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 in January

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

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

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, January 22nd

11am-12:00pm

at Harmony Hall.

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

Mindfulness at Harmony Hall

Mondays, 1:00-2:30pm

Dates: Jan5, Jan12, Jan 19, Jan 26

Cost: Free

Don't miss out on this 4week 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

**Free pickup and drop-off
provided for members living in
Crescent Town.**

To register call 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, 9:30am-10:30am

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

Crescent Town (Hybrid)

Wednesday, 11am-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.

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@srchc.com

Hands in Harmony

Pottery Class on Thursdays

Jan 8- Feb 12

Where: Studio on the Hill
(967 O'Connor Drive)

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



Mandarin Lunch Out

When: Tuesday, January 20

Where: Mandarin

2206 Eglinton Ave East
(Birchmount & Eglinton)

Time: 12:30-2:30pm

**Cost: \$ 20 (includes taxes, tips,
coffee or tea)**

Participants are limited to 25. First come, first served.

For more information &
registration:

Selvy: 416-752-0101 ext.: 4224