

| Monday 9am-5pm | Tuesday 9am-5pm | Wednesday 9am-5pm | Thursday 9am-5pm | Friday 9am-5pm |
|---|---|---|---|--|
| | | | 1 Happy New Year Office Closed | 2 No Chinese Seniors Program No Line Dance No Tai Chi |
| 5 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Mindfulness (Harmony Hall) 1:00-2:30pm No Bingo | 6 Tamil Seniors Program 9:00am-2:30pm English Program Advisory Committee Meeting 10:00-11:0am | 7 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 | 8 Hands in Harmony Pottery Class 1:00-3:00pm | 9 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm |
| 12 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Mindfulness (Harmony Hall) 1:00-2:30pm | 13 Tamil Seniors Program 9:00am-2:30pm | 14 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 | 15 Hands in Harmony Pottery Class 1:00-3:00pm | 16 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm |
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| 26 Gentle Fitness (Harmony Hall) 9:30-10:30am Zumba Gold (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Mindfulness (Harmony Hall) 1:00-2:30pm No Bingo | 27 Tamil Seniors Program 9:00am-2:30pm | 28 No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) No CFC Community Meal | 29 Hands in Harmony Pottery Class 1:00-3:00pm | 30 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

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@srhc.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