Harmony Hall CENTRE FOR SENIORS
A program of South Riverdale Community Health Centre

# July 2026

**Seniors Active Living Centre**
**English Program**
**2 Gower Street**
**Contact Selvy at: 416-752-0101 ext. 4224**

| Monday<br>9am-5pm | Tuesday<br>9am-5pm | Wednesday<br>9am-5pm | Thursday<br>9am-5pm | Friday<br>9am-5pm |
|---|---|---|---|---|
| | | 1<br> <br><br>**Office Closed** | 2 | 3<br>**Chinese Seniors Program**<br>9:00am-3:00pm<br>**Line Dance (Harmony Hall)**<br>10:30-11:30am<br><br>**Tai Chi (Harmony Hall)**<br>1:30-2:30pm |
| 6<br>**Gentle Fitness (Harmony Hall)**<br>9:30-10:15am<br><br>**Chair Yoga (Crescent Town)**<br>**11:00am-12:00pm**<br><br>**Harmony Café**<br>11:00am-12:00pm<br>**Bingo**<br>**1:00pm-3:00pm** | 7<br>**Tamil Seniors Program**<br>9:00am-2:30pm<br><br>**English Program Advisory Committee Meeting**<br>**10:00-11:00am**<br><br>**Harmony Community Food Market (Harmony Hall)**<br>2:45pm-4:45pm | 8<br>**Chair Yoga (Harmony Hall)**<br>9:30-10:30am<br>**Gentle Fitness (Crescent Town)**<br>**10:00-11:00am**<br><br>**Knit & Chat (Crescent Town)**<br>1:30-3:00pm<br><br>**CFC Community Meal (dine-in)**<br>3:30-5:00pm | 9<br>**BBQ Lunch -Woodbine Beach**<br>**12:00-2:30pm** | 10<br>**Chinese Seniors Program**<br>9:00am-3:00pm<br>**Line Dance (Harmony Hall)**<br>10:30-11:30am<br><br>**Tai Chi (Harmony Hall)**<br>1:30-2:30pm |
| 13<br>**Gentle Fitness (Harmony Hall)**<br>9:30-10:15am<br><br>**Chair Yoga (Crescent Town)**<br>11:00am-12:00pm<br><br>**Harmony Café**<br>11:00am-12:00pm | 14<br>**Tamil Seniors Program**<br>9:00am-2:30pm<br><br>**Mindfulness Nature Walk (Taylor Creek Park)**<br>**9:30-10:30am**<br><br>**Harmony Community Food Market (Harmony Hall)**<br>2:45pm-4:45pm | 15<br>**Chair Yoga (Harmony Hall)**<br>9:30-10:30am<br>**Gentle Fitness (Crescent Town)**<br>**10:00-11:00am**<br><br>**Knit & Chat (Crescent Town)**<br>1:30-3:00pm<br><br>**CFC Community Meal (dine-in)**<br>3:30-5:00pm | 16<br>**Book Club**<br>**11:00am-12:00pm** | 17<br>**Chinese Seniors Program**<br>9:00am-3:00pm<br>**Line Dance (Harmony Hall)**<br>10:30-11:30am<br><br>**Tai Chi (Harmony Hall)**<br>2:00-3:00pm |
| 20<br>**Gentle Fitness (Harmony Hall)**<br>9:30-10:15am<br><br>**Chair Yoga (Crescent Town)**<br>**11:00am-12:00pm**<br><br>**Harmony Café**<br>11:00am-12:00pm | 21<br>**Tamil Seniors Program**<br>9:00am-2:30pm<br><br>**Mindfulness Nature Walk (Taylor Creek Park)**<br>**9:30-10:30am**<br><br>**Harmony Community Food Market (Harmony Hall)**<br>2:45pm-4:45pm | 22<br>**Chair Yoga (Harmony Hall)**<br>9:30-10:30am<br>**Gentle Fitness (Crescent Town)**<br>**10:00-11:00am**<br><br>**Knit & Chat (Crescent Town)**<br>1:30-3:00pm<br><br>**CFC Community Meal (dine-in)**<br>3:30-5:00pm | 23<br>**Lunch out -Swiss Chalet**<br>**1400 O' Conner Drive, East York**<br>**12:00-2:00pm** | 24<br>**Chinese Seniors Program**<br>9:00am-3:00pm<br>**Line Dance (Harmony Hall)**<br>10:30-11:30am<br><br>**Tai Chi (Harmony Hall)**<br>1:30-2:30pm |
| 27<br>**Gentle Fitness (Harmony Hall)**<br>9:30-10:15am<br><br>**Chair Yoga (Crescent Town)**<br>**11:00am-12:00pm**<br><br>**Harmony Café**<br>11:00am-12:00pm<br>**Bingo**<br>**1:00pm-3:00pm** | 28<br>**Tamil Seniors Program**<br>9:00am-2:30pm<br><br>**Mindfulness Nature Walk (Taylor Creek Park)**<br>**9:30-10:30am**<br><br>**Harmony Community Food Market (Harmony Hall)**<br>2:45pm-4:45pm | 29<br><br>**No Chair Yoga (Harmony Hall)**<br><br>**No Gentle Fitness (Crescent Town)**<br><br>**No Knit & Chat (Crescent Town)**<br><br>**No CFC Community Meal (dine-in)** | 30<br>**Trip:**<br>**St. Lawrence Market**<br>**10:00am-1:30pm** | 31<br>**Chinese Seniors Program**<br>9:00am-3:00pm<br>**Line Dance (Harmony Hall)**<br>10:30-11:30am<br><br>**Tai Chi (Harmony Hall)**<br>1:30-2:30pm |

## Program & Activities for Seniors

We offer a wide variety of programs designed to support different interests, fitness levels, and abilities. Seniors are welcome to try different activities and choose what best suits their individual needs.

**Language Access & Inclusion**

Programs and services for seniors are offered in four languages: **English, Cantonese, Tamil, and Bengali**, to ensure accessibility and inclusion for our diverse community.

**Please note:** This calendar is specifically for seniors that attend programs in English. Calendars and program information in other languages are available upon request.

**Registration & Contact Information**

**For Seniors Active Living Centre English programs information and registration**:
Selvy 416-752-0101 ext. 4224
isadachcharnathan@srchc.com

**Gentle Fitness & Chair Yoga at Crescent Town:**
Nazly 647-233-4898
nsultana@srchc.com

**Line Dance**
Billy 416-752-0101 ext. 4223
bwu@srchc.com

**Community Meal & Good Food Market**
Sarah 416-752-0101 ext. 4226
sclement@srchc.com

**Transportation:**
Raji 416-752-8868 ext. 4228
transportation@srchc.com

## Fitness & Exercise Programs

**Gentle Fitness** **Cost: Free**
Location: **Harmony Hall**
Day & Time: **Mondays, 9:30AM-10:15 AM**
This class is best suited for seniors who are looking for a more active and moderately intense workout. Sessions include:

- Strength exercises using light weights
- Standing and seated movements
- Improving flexibility and joint health

**Gentle Fitness** **Cost: Free**
Location: **Crescent Town**
Day & Time: **Wednesdays, 10:00AM-11:00AM**
**(The time change is only for July & August)**
This is a low-impact gentle exercise class focusing on overall mobility, strength and flexibility.

**Chair Yoga** **Cost: Free**
Location: **Harmony Hall & Crescent Town**
Day & Time:
**Crescent Town: Mondays- 11:00AM-12:00PM**
**(The time change is only for July & August)**
**Harmony Hall: Wednesdays- 9:30AM-10:30AM**
This class is specifically designed for seniors with limited mobility. Sessions include:

- Meditation and relaxation
- Breathing techniques
- Gentle warm-up and stretching exercises

All movements are performed while seated or with chair support.

**Tai Chi** **Cost: Free**
Location: **Harmony Hall**
Day & Time**: Fridays, 1:30PM-2:30PM**
This a gentle low-impact exercise that promotes balance and coordination. This class is ideal for seniors looking to improve balance and prevent falls.

**Line Dance** **Cost: Free**
(Intermediate level only)
Location: **Harmony Hall**
Day & Time: **Fridays, 10:30AM-11:30AM**
A fun and energetic class for seniors with prior dance experience.

## Social & Community Connections

**Bingo**
Location: **Harmony Hall**
Day & Time: **First and last Monday of every month, 1:00PM-3:00PM**
A program to enjoy games, prizes and social connections.

**Knit & Chat** **Cost: Free**
Location**: Crescent Town**
Day& Time: **Wednesdays, 1:30-3:00PM**
**(The time change is only for July & August)**
All skills levels welcome. A relaxed social program for knitting, crocheting and conversation.

**Community Meal** **Cost: Free**
Location: **Harmony Hall**
Day & Time: **Wednesdays, 3:30PM-5:00PM**
A program to help address food insecurity. Enjoy a free, hot, nutritious meal while connecting with others in a dine-in setting.

**Harmony Café** **Cost: Free**
Location: **Harmony Hall**
Day & Time: Mondays, 11:00AM-12:00PM
A program to address food insecurity. Enjoy a free nutritious breakfast while connecting with other in a dine-in setting.
Please note: This program is not limited to seniors only.

**Book Club** (once a month) **Cost: Free**
Location: **Harmony Hall**
Date & Time:
**Thursday, July 16, 11:00AM-12:00PM**
The Book Club meets once a month. Members take turn to choose the book and come together to share their thoughts and select the next month's book.

**Special Events in July**
Please check the attached flyers for more details.