



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

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 OFFICE CLOSED CIVIC HOLIDAY	4 Tamil Seniors Program 9:00am-2:30pm English Program Advisory Committee Meeting 10:00-11:00am Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	5 Chair Yoga (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 10:00-11:00am Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	6	7 Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 1:30-2:30pm
10 Gentle Fitness (Harmony Hall) 9:30-10:15am Chair Yoga (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	11 No Tamil Seniors Program Trip: Ward's Island 9:45am-3:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	12 Chair Yoga (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 10:00-11:00am Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	13 Arts & Craft with Haniyah Scrapbooking 1:30-3:30pm	14 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am TIFF Movie Trip 10:30am-3:00pm Tai Chi (Harmony Hall) 1:30-2:30pm
17 Gentle Fitness (Harmony Hall) 9:30-10:15am Chair Yoga (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Bingo 1:00-3:00pm	18 Tamil Seniors Program 9:00am-2:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	19 Chair Yoga (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 10:00-11:00am Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	20 Book Club 11:00am-12:00pm	21 Line Dance (Harmony Hall) 9:30-10:30am No Tai Chi (Harmony Hall)
24 Zumba Gold (Harmony Hall) 9:30-10:15am Chair Yoga (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	25 Tamil Seniors Program 9:00am-2:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	26 Chair Yoga (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 10:00-11:00am Knit & Chat (Crescent Town) 1:30-3:00pm CFC Community Meal (dine-in) 3:30-5:00pm	27	28 Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 1:30-2:30pm
31 Zumba Gold (Harmony Hall) 9:30-10:15am Chair Yoga (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Community Choir 1:00-2:30pm				

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
isadacharnathan@srhc.com

Gentle Fitness & Chair Yoga at Crescent Town:

Nazly 647-233-4898
nsultana@srhc.com

Line Dance

Billy 416-752-0101 ext. 4223
bwu@srhc.com

Community Meal & Good Food Market

Sarah 416-752-0101 ext. 4226
sclement@srhc.com

Transportation:

Raji 416-752-8868 ext. 4228
transportation@srhc.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 changes are 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 changes are 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, August 20, 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 August

Please check the attached flyers for more details.