

February 2026

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
2 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Bingo 1:00-2:30pm	3 Tamil Seniors Program 9:00am-2:30pm No English Committee Meeting	4 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	5 Hands in Harmony Pottery Class 1:00-3:00pm	6 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
9 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Mindfulness 12:30pm -2:00pm	10 Tamil Seniors Program 9:00am-2:30pm	11 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	12 Hands in Harmony Pottery Class 1:00-3:00pm	13 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
16 OFFICE CLOSED 	17 Tamil Seniors Program 9:00am-2:30pm	18 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, in-person only) 11:00- 12:00PM Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm	19 Book Club 11:00am-12:00pm Hands in Harmony Pottery Class 1:00-3:00pm	20 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am No Tai Chi
23 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm Bingo 1:00-2:30pm	24 Tamil Seniors Program 9:00am-2:30pm Lunch & Learn (Crescent Town) 11:30 am- 2:00pm	25 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town, in-person only) 11:00- 12:00PM Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm	26 Hands in Harmony Pottery Class 1:00-3:00pm	27 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

All levels welcome

Cost: Free

Monday 9:30-10:30am

(Harmony Hall)

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



Monday 11:00am-12:00pm

(Crescent Town)

To register call **Nazly** at
647-233-4898

Bingo at Harmony Hall

First and last Monday of every month
1:00-3:00pm

For more information:

Selvy: 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

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

Lunch and Learn

at Crescent Town

Fraud and Scams Prevention

Presented by Toronto Police Service

Join us to learn about the current tactics used by scammers to target seniors, and how to protect yourself and your loved ones from fraud.

When: Tuesday, February 24, 2026

Where: Crescent Town Club (Club Room)

Time: 11:30A.M-12:30 P.M (Lunch)

12:30P.M -1:30 P.M (Workshop)

Cost: Free

This session includes a pizza lunch and participants are limited to 40.

Vegetarian and meat pizza options will be available. Please let us know your preference when you register.

Pre-registration is required. For registration and more details, contact:

Selvy: 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

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 22- Feb 26

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



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, February 19

11am-12:00pm

at Harmony Hall.

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