

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>1 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm Community Choir 1:00-2:30pm</p>	<p>2 No Tamil Seniors Program</p>	<p>3 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM</p> <p>Knit & Chat (Crescent Town) 1:00-2:30pm CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>4 Food Fit (Crescent Town) 10:30am-1:30pm</p>	<p>5 No Chinese Seniors Program No Line Dance (Harmony Hall) No Tai Chi (Harmony Hall)</p>
<p>8 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm Community Choir 1:00-2:30pm</p>	<p>9 Tamil Seniors Program 9:00am-2:30pm</p> <p>English Program Advisory Committee Meeting 10:00-11:00am</p> <p>Good Food Market (Harmony Hall) 2:45pm-4:45pm</p>	<p>10 Chair Yoga (Harmony Hall) 9:30-10:30am Chair Yoga (Crescent Town Hybrid) 11:00- 12:00PM</p> <p>Knit & Chat (Crescent Town) 1:00-2:30pm</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>11 Food Fit (Crescent Town) 10:30am-1:30pm</p>	<p>12 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>15 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm No Harmony Café No Community Choir</p> <p>Seniors Month Special Lunch & Learn (Harmony Hall) 12:00 -2:15pm</p>	<p>16 Tamil Seniors Program 9:00am-2:30pm</p> <p>Good Food Market (Harmony Hall) 2:45pm-4:45pm</p>	<p>17 Chair Yoga (Harmony Hall) 9:30-10:30am No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town)</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p> <p>Trip: Royal Botanical Garden & Mandarin Buffet 8:30am-4:00pm</p>	<p>18 Food Fit (Crescent Town) 10:30am-1:30pm</p> <p>Book Club 11:00am-12:00pm</p>	<p>19 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm</p> <p>Tiff Movie Trip 10:30am-3:00pm</p>
<p>22 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm Community Choir 1:00-2:30pm</p>	<p>23 Tamil Seniors Program 9:00am-2:30pm</p> <p>Good Food Market (Harmony Hall) 2:45pm-4:45pm</p>	<p>24 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</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>25 Food Fit (Crescent Town) 10:30am-1:30pm</p>	<p>26 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am</p> <p>Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>29 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm</p> <p>Community Choir 1:00-2:30pm</p>	<p>30 Tamil Seniors Program 9:00am-2:30pm</p> <p>Good Food Market (Harmony Hall) 2:45pm-4:45pm</p>			

Program & Activities for Seniors

We offer 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@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

Fitness & Exercise Programs

Gentle Fitness

Cost: Free

Location: **Harmony Hall**

Day & Time: **Mondays, 9:30-10:15 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: **Mondays, 11:00AM-12:00PM**

A low-impact gentle exercise class focusing on overall mobility, strength and flexibility.

Chair Yoga

Cost: Free

Location: **Harmony Hall & Crescent Town**

Day & Time:

Wednesdays, **9:30-10:30AM (Harmony Hall)**
11:00AM -12:00PM (Crescent Town)

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, 1:30-2:30PM**

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, 10:30-11:30am**

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, 1:00-3:00PM**

A program to enjoy games, prizes and social connections.

Knit & Chat

Cost: Free

Location: **Crescent Town**

Day & Time: **Wednesdays, 1:00-2:30PM**

All skills levels welcome. A relaxed social program for knitting, crocheting and conversation.

Community Meal

Cost: Free

Location: **Harmony Hall**

Day & Time: **Wednesdays, 3:30-5:00PM**

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, May 21, 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 June

Please check the attached flyers for more details.