

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>2 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm</p> <p>Bingo 1:00-2:30pm</p>	<p>3 Tamil Seniors Program 9:00am-2:30pm</p> <p>English Program Advisory Committee Meeting 10:00-11:00am</p>	<p>4 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</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>5</p>	<p>6 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>9 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Harmony Café 11:00am-12:00pm</p> <p>Mindfulness 12:30-2:00pm</p>	<p>10 Tamil Seniors Program 9:00am-2:30pm</p>	<p>11 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</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>12</p>	<p>13 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>16 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>No Harmony Café</p> <p>St. Patrick's Day Luncheon 12:00-2:30pm</p>	<p>17 Tamil Seniors Program 9:00am-12:30pm</p>	<p>18 Chair Yoga (Harmony Hall) 9:30-10:30am</p> <p>No Chair Yoga (Crescent Town)</p> <p>No Knit & Chat (Crescent Town)</p> <p>CFC Community Meal (dine-in) 3:30-5:00pm</p>	<p>19 Book Club 11:00am-12:00pm</p>	<p>20 Line Dance (Harmony Hall) 10:30-11:30am</p> <p>No Tai Chi</p>
<p>23 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm</p> <p>Pottery Exhibition 12:30-2:00pm</p>	<p>24 Tamil Seniors Program 9:00am-12:30pm</p>	<p>25 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>26</p>	<p>27 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p> <p>Trip: Gardiner Museum & Mandarin Restaurant 10:15am-4:00pm</p>
<p>30 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm</p> <p>Bingo 1:00-2:30pm</p>	<p>31 Tamil Seniors Program 9:00am-12:30pm</p>			

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



Gentle Fitness

at Crescent Town

Monday 11:00am-12:00pm

(Crescent Town)

To register call Nazly at
647-233-4898

Trip: Gardiner Museum & Mandarin Buffet

(1255 the Queensway, Etobicoke)

Join us for a fun day of delicious
meal and beautiful ceramic art!

Friday, March 27

Cost: \$20

Pick up time: 10:30am (HH)
10:30am (CT)

Lunch: Mandarin: 11:30am-1:00pm

Gardiner Museum: 1:30pm-3:00pm

Return: 4pm



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, March 19th

11am-12:00pm

at Harmony Hall.

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

Pottery Exhibition

Join us as we celebrate creativity!

When: Monday, March 23

Where: at Harmony Hall

Time: 12:30P.M-2:00 P.M

Cost: Free



An event to admire the handmade
creations of our talented artists!

Everyone is Welcome!

Family members, friends, and
community members are invited to
attend and support our artists.

**No Registration Needed, just drop in
and enjoy!**

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@srhc.com

St. Patrick's Day Luncheon

Monday, March 16th

12:00-2:30pm

Cost: \$8

Menu:

Garden Salad

Shepherd's Pie

Steamed Vegetables

&

Fruit Salad with Ice Cream

Entertainment & Lucky Draw Prizes

Deadline to pay:

Wednesday, March 11th

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



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

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