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

November 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)** 9:30-10:15am **Gentle Fitness (Crescent Town)** 11:00am-12:00pm **Harmony Café** 11:00am-12:00pm **Bingo** 1:00-3:00pm	**3** **Tamil Seniors Program** 9:00am-2:30pm **English Program Advisory Committee Meeting** **10:00-11:00am**	**4** **Zumba Gold (Harmony Hall)** 9:30-10:30am **Chair Yoga (Crescent Town)** 11:00am-12:00pm **Knit & Chat (Crescent Town)** 1:00-2:30pm **CFC Community Meal (dine-in)** 3:30-5:00pm	**5**	**6** **Chinese Seniors Program** 9:00am-3:00pm **Line Dance (Harmony Hall)** 10:30-11:30am **Pottery Class** **10:30am-12:30pm** **Tai Chi (Harmony Hall)** 1:30-2:30pm
9 **Gentle Fitness (Harmony Hall)** 9:30-10:15am **Gentle Fitness (Crescent Town)** 11:00am-12:00pm **Harmony Café** 11:00am-12:00pm **Workshop: Fall Prevention** **12:00-1:00pm** **Community Choir** **1:30-3:00pm**	**10** **Tamil Seniors Program** 9:00am-2:30pm	**11** **Zumba Gold (Harmony Hall)** 9:30-10:30am **Chair Yoga (Crescent Town)** 11:00am-12:00pm **Knit & Chat (Crescent Town)** 1:00-2:30pm **CFC Community Meal (dine-in)** 3:30-5:00pm	**12** **Volunteer Recognition** **10:30am-1:30pm**	**13** **Chinese Seniors Program** 9:00am-3:00pm **Line Dance (Harmony Hall)** 10:30-11:30am **Pottery Class** **10:30am-12:30pm** **Tai Chi (Harmony Hall)** 1:30-2:30pm
16 **Gentle Fitness (Harmony Hall)** 9:30-10:15am **Gentle Fitness (Crescent Town)** 11:00am-12:00pm **Harmony Café** 11:00am-12:00pm **Community Choir** **1:00-2:30pm**	**17** **Tamil Seniors Program** 9:00am-2:30pm	18 **Zumba Gold (Harmony Hall)** **9:30-10:30am** **Chair Yoga (Crescent Town)** 11:00am-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**	**20** **No Line Dance** **Pottery Class** **10:30am-12:30pm** **Tai Chi (Harmony Hall)** **1:30-2:30pm**
23 **Gentle Fitness (Harmony Hall)** 9:30-10:15am **Gentle Fitness (Crescent Town)** 11:00am-12:00pm **Harmony Café** 11:00am-12:00pm **Community Choir** **1:00-2:30pm**	**24** **Tamil Seniors Program** 9:00am-2:30pm	**25** **Zumba Gold (Harmony Hall)** 9:30-10:30am **Chair Yoga (Crescent Town)** 11:00am-12:00pm **Knit & Chat (Crescent Town)** 1:00-2:30pm **CFC Community Meal (dine-in)** 3:30-5:00pm	**26**	**27** **Chinese Seniors Program** 9:00am-3:00pm **Line Dance (Harmony Hall)** 10:30-11:30am **Pottery Class** **10:30am-12:30pm** **Tai Chi (Harmony Hall)** 1:30-2:30pm
30 **Gentle Fitness (Harmony Hall)** 9:30-10:15am **Gentle Fitness (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
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: **Mondays, 11:00AM-12:PM**
This is a low-impact gentle exercise class focusing on overall mobility, strength and flexibility.

Chair Yoga **Cost: Free**
Location: **Crescent Town**
Day & Time:
Crescent Town: Wednesdays- 11:00AM-12:00PM
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 is 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, 1:00-2:30PM**
All skills levels welcome. A relaxed social program for knitting, crocheting and conversation.

Community Meal **Cost: Free**
Location: **Harmony Hall**
Day & Time: **Wednesdays, 3:30PM-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, November19, 11:00AM-12:00PM
The Book Club meets once a month. Members take turns choosing the book and come together to share their thoughts and select the next month's book.

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