

October 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
			1 Community Choir Concert 11:30a.m-1: 30p.m	2 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 1:30-2:30pm
5 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	6 Tamil Seniors Program 9:00am-2:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm Day Trip: Salmon Migration & The Bigg Apple 9:00am-4:00pm	7 Chair Yoga (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	8	9 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
12 OFFICE CLOSED 	13 Tamil Seniors Program 9:00am-2:30pm Program Advisory Committee Meeting 10:00-11:00am Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	14 Chair Yoga (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	15 Book Club 11:00am-12:00pm	16 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 2:00-3:00pm
19 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	20 Tamil Seniors Program 9:00am-2:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	21 Chair Yoga (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	22 Open House 10:00-12:00 (Harmony Hall) 11:00-1:00 (Crescent Town)	23 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 1:30-2:30pm
26 Gentle Fitness (Harmony Hall) 9:30-10:15am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Café 11:00am-12:00pm	27 Tamil Seniors Program 9:00am-2:30pm Harmony Community Food Market (Harmony Hall) 2:45pm-4:45pm	28 Chair Yoga (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	29	30 Chinese Seniors Program 9:00am-3:00pm Line Dance (Harmony Hall) 9:30-10:30am Tai Chi (Harmony Hall) 1:30-2:30pm

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@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: **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: **Harmony Hall & Crescent Town**

Day & Time:

Crescent Town: Wednesdays- 11:00AM-12:00PM

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 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, September 17, 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 October