


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p>2</p>  <p>OFFICE CLOSED</p>	<p>3</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>English Committee Meeting 10:00-11:00am</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>4</p> <p>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 3:30-5:00pm</p> <p>Euchre start date TBD</p>	<p>5</p> <p>Chronic Pain Management Program 9:30am-11:45am</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>6</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>9</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Bingo (Harmony Hall) 1:00- 3:00pm</p>	<p>10</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>11</p> <p>No Chair Yoga</p> <p>Knit & Chat (Crescent Town) 1:00- 2:30pm CFC Community Meal 3:30-5:00pm</p> <p>Euchre start date TBD</p>	<p>12</p> <p>Chronic Pain Management Program 9:30am-11:45am</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Book Club 11:00am-12:00pm</p>	<p>13</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>16</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p>	<p>17</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>18</p> <p>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 3:30-5:00pm</p> <p>Euchre start date TBD</p>	<p>19</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p>	<p>20</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm</p>
<p>23</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Lunch Out: Halibut House Fish & Chips 12:00-2:30pm</p>	<p>24</p> <p>Tamil Seniors Program 9:00am-3:00pm</p> <p>Good Food Market 3:00-5:00pm (Harmony Hall)</p>	<p>25</p> <p>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 3:30-5:00pm</p> <p>Euchre start date TBD</p>	<p>26</p> <p>Knit & Chat (Harmony Hall) 1:00-2:30 pm</p> <p>Food Preservation Workshop 10:30am-12:30pm (Crescent Town)</p>	<p>27</p> <p>French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm</p>
<p>30</p> <p>Gentle Fitness (Harmony Hall) 9:30-10:30am</p> <p>Gentle Fitness (Crescent Town) 11:00am-12:00pm</p> <p>Bingo (Harmony Hall) 1:00- 3:00pm</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

Monday 11:00am-12:00pm

(Crescent Town)

To register call Nazly at
647-233-4898



Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:30-2:30pm

Cost: Free

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

French Class

Join our French Class to learn
the basics, improve your
conversation skills in French,
meet new friends and socialize.

Every Friday

9:30-10:30am

at Harmony Hall

Cost: Free

For more information and
registration contact:

Billv: 416-752-0101 ext: 4223

CFC Community Meal

Every Wednesday

(Harmony Hall)

3:30pm-5:00pm

Consists of a hot delicious takeout
meal, as well as a dine-in experience
on the last Wednesday of every
month.

For more information:

Tharaniga at 416-752-0101 ext:4227
tsukumaran@srhc.com

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 about beloved books in
a cozy and inviting atmosphere?

2nd Thursday of every month

From 11am-12:00pm

at Harmony Hall.

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

Lunch Out

Halibut House Fish & Chips
(3003 Danforth Ave)

Date: **Monday, September 23rd**

Time: **12:00-2:30pm**

Cost: Depending on your order. Pay
onsite

For more information and registration
contact: Selvy: 416-752-0101 ext: 4224



Workshop

Food Preservation

Join Melissa to learn the art and
science of food preservation.

Thursday, September 26th

10:30am-12:30pm

Cost: Free

Deadline to register: Sept 19th

For more information and
registration contact:

Selvy: 416-752-0101

Or Melissa at

MCoiffe@srhc.com

Limited spots available, please
register early.

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

Chair Yoga

Join us to experience the power of
breathing and gentle movement!

All levels are welcome.

Cost: Free

Harmony Hall

Wednesday, 9:30-10:30am

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

Crescent Town (Hybrid)

Wednesday, 11am-12pm

To register call Nazly at
647-233-4898

**Please note: No Yoga at both
locations on September 11th**

Harmony Good Food Market

Locally grown high quality fresh fruits
and vegetables at affordable prices.

Every Tuesday at Harmony Hall

from 3:00pm-5:00pm

until end of October 2024



Chronic Pain

Self-Management Program

9:30am -11:45am

Cost: Free

Join our Chronic Pain Workshop to
learn simple ways to manage pain
better. We'll cover pacing activities,
setting goals, positive thinking, and
how to communicate effectively. Take
steps towards feeling better and
improving your daily life with us.

Every Thursday for 6 weeks

Starting August 8 till September 12

For more information:

Selvy: 416-752-0101 ext.: 4224

Knit & Chat at Harmony Hall

(2 Gower Street)

Every Thursday

1:00-2:30pm

Knit & Chat at Crescent Town

Every Wednesday

1:00-2:30pm

All levels welcome

For more information contact:

Selvy: 416-752-0101 ext: 4224