



Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
02 Gentle Fitness (Harmony Hall) 9:30-10:30am Harmony Café 11:00am-12:00pm Christmas Tree Decorating 11:00am- 12:30pm Gentle Fitness (Crescent Town) 11:00am-12:00pm Bingo 1:15-3:00pm	03 Tamil Seniors Program 9:00am-3:00pm English Committee Meeting 10:00-11:00am	04 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 (Takeout) 3:30-5:00pm	05 Knit & Chat (Harmony Hall) 1:00-2:30 pm	06 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
09 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Christmas Luncheon 12:00-2:30pm	10 Tamil Seniors Program 9:00am-3:00pm Winter Good Food Market 3:30-5:00pm	11 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 (Takeout) 3:30-5:00pm	12 Knit & Chat (Harmony Hall) 1:00-2:30 pm Book Club 11:00am-12:00pm	13 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
16 Gentle Fitness (Harmony Hall) 9:30-10:30am Harmony Café 11:00am-12:00pm Gentle Fitness (Crescent Town) 11:00am-12:00pm	17 Tamil Seniors Program 9:00am-3:00pm	18 Please Note: No Chair Yoga (Harmony Hall) No Chair Yoga (Crescent Town Hybrid) No Knit & Chat (Crescent Town) due to an all staff meeting CFC Community Meal (Indoor) 3:30-5:00pm	19 Knit & Chat (Harmony Hall) 1:00-2:30 pm	20 French Class (Harmony Hall) 9:30-10:30am Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
23 No Gentle Fitness (Harmony Hall) No Gentle Fitness (Crescent Town) No Harmony Cafe	24 No Tamil Seniors Program	25 	26 	27 No Chinese Seniors Program No French Class No Line Dance No Tai Chi
30 No Gentle Fitness No Harmony Café	31 No Tamil Seniors Program			

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

No Gentle Fitness on December 30th



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:

Marishka at 416-752-0101 ext:4227

mradwanski@srhc.com

or

Sara at 416-752-0101 ext: 4226

sclement@srhc.com

Christmas Luncheon

Monday, December 9, 2024

12:00-2:30pm

Cost: \$8

Menu:

Cauliflower Chowder

Garlic Bread

Garden Salad

Baked Turkey with Cranberry Apple

Sauce

Buttered Peas & Carrots

Mashed Potato

&

Sweet Mince Pie

Entertainment & Door Prizes!

Participants are limited to 60, first come first served.

Deadline to register:

Thursday, December 5th

To register call Selvy at

416-752-0101 ext: 4224

French Class

Every Friday

9:30-10:30am

at Harmony Hall

Cost: Free

For more information and registration contact:

Billy: 416-752-0101 ext: 4223

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

Tai Chi

At Harmony Hall

Friday 1:30-2:30pm

To register call Selvy at

416-752-0101 ext:4224

No Tai Chi, French Class or Line Dance on December 27th

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

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?

2nd Thursday of every month

From 11am-12:00pm

at Harmony Hall.

To register contact Selvy at

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

Winter Good Food Market at Harmony Hall

Harmony Good Food Market will be held indoors once a month during the winter season!

A community spot where you can connect with your neighbours and buy fresh locally grown high-quality fruits and vegetables at affordable prices.

For more details contact Sara at

416-752-0101 ext. 4226

Christmas Tree Decorating Monday, December 2, 2024

11:00am-12:30pm

Cost: Free

Please join us for our annual Christmas Tree decorating at Harmony Hall to get into the Holiday spirit as well as share a laugh or two. It is a chance to use your creative genius and add a personal touch to the tree.



For more information please contact:

Selvy: 416-752-0101 ext: 4224

Harmony Café

Join us for a healthy breakfast while enjoying some quality time together

Every **Monday at Harmony Hall,**

Cost: Free

Time: **11am-12pm**

This is a program of our Community Food Centre and everyone in the community is welcome to attend.

No registration required.

For more information:

Marishka at 416-752-0101

ext:4227

mradwanski@srhc.com