


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Cafe 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	4 Tamil Seniors Program 9:00am-3:00pm English Committee Meeting 10:00-11:00am	5 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 (dine-in) 3:30-5:00pm	6 Knit & Chat (Harmony Hall) 1:00-2:30pm	7 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
10 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Cafe 11:00am-12:00pm	11 Tamil Seniors Program 9:00am-3:00pm	12 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 (dine-in) 3:30-5:00pm	13 Knit & Chat (Harmony Hall) 1:00-2:30pm	14 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm
17 OFFICE CLOSED 	18 Tamil Seniors Program 9:00am-3:00pm	19 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 (dine-in) 3:30-5:00pm	20 Knit & Chat (Harmony Hall) 1:00-2:30pm Book Club 11:00am-12:00pm	21 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 2:00-3:00pm
24 Gentle Fitness (Harmony Hall) 9:30-10:30am Gentle Fitness (Crescent Town) 11:00am-12:00pm Harmony Cafe 11:00am-12:00pm Bingo (Harmony Hall) 1:00- 3:00pm	25 Tamil Seniors Program 9:00am-3:00pm	26 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 (dine-in) 3:30-5:00pm	27 Lunch & Learn (Harmony Hall) Insomnia & Sleep 12:00-2:00pm No Knit & Chat (Harmony Hall)	28 Line Dance (Harmony Hall) 10:30-11:30am Tai Chi (Harmony Hall) 1:30-2:30pm

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



CFC Community Meal Program

(To support those experiencing food insecurity)

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 and to register:
Marishka at 416-752-0101 ext:4227
mpope@srhc.com

Lunch & Learn

Thursday, February 27th

12:00pm-2:00pm

At Harmony Hall

Lunch: Chicken Pot pie/Veggie Pot pie, Garden Salad & Dessert
Cost: \$5 (non-members are welcome)

Learn: Insomnia & Sleep (1:00pm-2:00pm) (There is no fee for those who wish to attend just the workshop at 1pm)



For more information and to register:
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

Please Note: The Book Club will be held on Thursday, February 20th this month

Line Dance

(Intermediate level only)

Fridays 10:30-11:30am

Cost: Free

For more details:

Billy: 416-752-0101 ext: 4223

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

Tai Chi (Harmony Hall)

All levels welcome

Fridays 1:30-2:30pm

Cost: Free

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

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

Client Intervention and Assistance

We provide one-on-one support for coordinating services, including food access, transportation, filling out forms, information and referrals to community support programs that meet your specific needs.

To book an appointment
Call Selvy at 416-752-0101

Ext: 4224



Annual Membership Renewal Reminder

Dear valued member,

We want to take a moment to remind you that your membership is set to renew in two months, on March 31, 2025. Our membership year runs from April 1st to March 31st, and the **annual fee is \$20.**

Program membership benefits:

- **Access to variety of free recreational, educational, cultural and food programs.**
- **Social opportunities like special events, luncheons and day trips**
- **Discounts on programs and services**
- **Exposure to a vibrant multicultural environment and diverse staff**

Thank you to all our members for making Harmony Hall special!