South Riverdale COMMUNITY HEALTH CENTRE

2 A THE MARKET PLACE—MAY- 2018

Harmony Hall Centre for Seniors
a program of South Riverdale CHC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Ontario Local Health Integration Network "A United Way Member Agency"	9:30-10:30 Tai Chi	11:30-12:30 Yoga	9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness 1:00-2:00 Basic Computer 1:00-3:00 Knit & Chat	9:30-10:30 Tai Chi 11:30-12:30 Yoga
7	8	9	10	11
9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness	9:30-10:30 Tai Chi	11:30-12:30 Yoga	9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness 1:00-2:00 Basic Computer 1:00-3:00 Knit & Chat	9:30-10:30 Tai Chi 11:30-12:30 Yoga
14	15	16	17	18
9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness	9:30-10:30 Tai Chi	11:30-12:30 Yoga	9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness 1:00-2:00 Basic Computer 1:00-3:00 Knit & Chat	9:30-10:30 Tai Chi **11:00 - 12:00** **BOOK CLUB** 11:30-12:30 Yoga
21	22	23	24	25
OFFICE CLOSED **VICTORIA DAY**	9:30-10:30 Tai Chi	1:30-12:30 Yoga	9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness 1:00-2:00 Basic Computer 1:00-3:00 Knit & Chat	9:30-10:30 Tai Chi 11:30-12:30 Yoga
28	29	30	31	
9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness	9:30-10:30 Tai Chi	1:30-12:30 Yoga	9:30-10:30 Tai Chi 11:00-12:00 Gentle Fitness 1:00-2:00 Basic Computer 1:00-3:00 Knit & Chat	TORONTO