South Riverdale COMMUNITY HEALTH CENTRE | Harmony COMMUNITY FOOD CENTRE A Right To Food Partner

Harmony Community Food Centre • November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Harmony CFC Café** 11:00am-12:00pm **Mind Your Food Youth Program** 4:15pm-6:30pm	**3**	**4** **Community Meal** 3:30pm-5:00pm	**5** **FoodFit for Seniors (Diabetes/Pre-Diabetes, Registration Required)** 12:00pm-3:00pm	**6**
9 **Harmony CFC Café** 11:00am-12:00pm **Falls Prevention Workshop** 12:00pm-1:00pm **Mind Your Food Youth Program** 4:15pm-6:30pm	**10**	**11** **Community Meal** 3:30pm-5:00pm	**12** **TTC Safety Workshop** 2:30pm-4:00pm	**13**
16 **Harmony CFC Café** 11:00am-12:00pm **Mind Your Food Youth Program** 4:15pm-6:30pm	**17** **Pickling Workshop!** 3:0pm-5:00pm	**18** **Community Meal** 3:30pm-5:00pm	**19** **FoodFit for Seniors (Diabetes/Pre-Diabetes, Registration Required)** 12:00pm-3:00pm	**20**
23 **Harmony CFC Café** 11:00am-12:00pm **Mind Your Food Youth Program** 4:15pm-6:30pm	**24**	**25** **Community Meal** 3:30pm-5:00pm	**26**	**27**
30 **Harmony CFC Café** 11:00am-12:00pm **Mind Your Food Youth Program** 4:15pm-6:30pm				

Programs in blue require registration. Programs in black are drop-in.

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Community Meal Program **Date:** Every Wednesday, 3:30pm-5:00pm **Location:** 2 Gower St. **Drop-in program.** Please join us for a nourishing, hot meal at Harmony CFC every Wednesday 3:30pm-5:00pm. Made from scratch. Come in, sit down, and we will serve you a meal! Coffee and hot drinks. Meet new people and connect with friends and neighbours. No take-out available. ***Free. No registration required. For more info, contact Sarah.***	**Mind Your Food *Youth* Program** **Date:** Mondays 4:15-6:30pm, September 28 – December **Location:** 2 Gower St. **Registration required.** Harmony CFC youth program. Free, food-focused program for youth ages 13-19. Cooking, baking, learning about food and mental health, food systems, and more! ***Contact Sarah to register and for more information.***
Harmony CFC Café **Date:** Every Monday, 11:00am-12:00pm **Location:** 2 Gower St. **Drop-in program. Free.** Join us for coffee, tea, and a simple breakfast (yogurt, fresh baked goods, fruit, eggs). ***For more information, contact Sarah.***	**Pickling Workshop** **Date:** Tuesday November 17, 3:00pm-5:00pm **Location:** 2 Gower St. Join us to make 3 different kinds of quick pickles! Everyone will go home with pickles! ***Snacks and hot drinks provided!*** **Registration required. Free.** ***For more information, contact Sarah.***
FoodFit for Seniors with DECNET **Date:** Thursdays, 1:00pm-3:00pm **Location:** 2 Gower St. **Registration Required. Open to people with Type 2 Diabetes, prediabetes, or DECNET clients.** A 12-week program exploring food, nutrition, movement, and our relationship with body and mind! A great way to learn more about yourself and meet other community members.	**Contact information:** **Sarah** (she/her): sclement@srchc.com, 416-752-0101 x4226 **Josh** (he/him): jkazmierowski@srchc.com, 416-752-0101 x4227 **Ashley** (she/her): aedwards@srchc.com, 416-752-0101 x4225 **Lydia** (she/her, manager): lsun@srchc.com, 416-752-0101 x4221
Other Workshops: **Falls Prevention Workshop,** Nov 9, 12:00pm-1:00pm **TTC Safety Workshop,** Nov 12, 2:30pm-4:00pm ***Snacks and hot drinks provided. Free. Contact Sarah to register or just drop in!***	

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