

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>It's summer ✨ Time to enjoy long days, flower blooms, and birdsong! Join us for summer dinners, the market, garden programs, and more! We can't wait to see you all summer long!</i></p>		<p>Harmony CFC - Closed No Community Meal</p>	<p>Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm</p>	
<p>Harmony CFC Café 11:00am-12:00pm</p>	<p>Harmony Community Food Market 2:45pm-4:45pm</p>	<p>Mind Your Food Youth Program – cookie baking! 11:00am-1:00pm Community Meal 3:30pm-5:00pm</p>	<p>Garden Club 10:00am-11:30am FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm</p>	<p>Please note the time-change of Garden Club to 10am-1130am for July and August starting July 9!</p>
<p>Harmony CFC Café 11:00am-12:00pm</p>	<p>Harmony Community Food Market 2:45pm-4:45pm</p>	<p>Community Meal 3:30pm-5:00pm</p>	<p>Garden Club 10:00am-11:30am FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm</p>	
<p>Harmony CFC Café 11:00am-12:00pm Garden Workshop: Container Gardening! 1:00pm-3:00pm</p>	<p>Harmony Community Food Market 2:45pm-4:45pm</p>	<p>Community Meal 3:30pm-5:00pm</p>	<p>Garden Club 10:00am-11:30am FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm</p>	
<p>No Harmony CFC Café</p>	<p>Harmony Community Food Market 2:45pm-4:45pm</p>	<p>No Community Meal</p>	<p>Garden Club 10:00am-11:30am FoodFit for Seniors (Registration FULL) 10:30am-1:30pm</p>	

Community Meal Program **(no meal July 1, July 29)**

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, drop-in. For more info, contact Sarah.**

Harmony Garden Club

Date: Thursdays, 3:00pm-4:30pm

Location: 2 Gower St.

Drop-in program. Join our garden club every Thursday to weed, water, harvest, and care for our garden plots! No experience necessary. **Free. To register and for more information, please contact Ashley.**

Garden Workshop: Container Gardening

Date: Monday July 20, 1:00pm-3:00pm

Location: 2 Gower St.

Registration required. Free. No experience necessary. Learn to grow herbs and flowers in containers! **Contact Ashley more for more information!**

Harmony CFC Café **(no café July 27)**

Date: Every Monday, 11:00am-12:00pm

Location: 2 Gower St.

Drop-in program. Join us for coffee, tea, and a simple breakfast (yogurt, fresh baked goods, fruit, eggs). **Free, no registration. For more info, contact Sarah.**

Contact information:

Sarah (she/her): sclement@srhc.com, 416-752-0101 x4226

Marishka (she/her): mpope@srhc.com, 416-752-0101 x4227

Ashley (she/her): aedwards@srhc.com, 416-752-0101 x4225

Lydia (she/her, manager): lsun@srhc.com, 416-752-0101 x4221

Mind Your Food Youth Program

Date: Wednesday July 8, 11:00am-1:00pm

Location: 2 Gower St.

Registration required. Harmony CFC youth program. Join us to bake cookies for the Harmony Community Food Market! Lunch provided. **Contact Sarah to register and for more information.**

FoodFit for Seniors

Date: Thursday June 4th – August 20th

Location: Crescent Town Club

Registration Full (for this round). 12-week food-and-fitness focused program for seniors. Supporting long-term health through food, movements, and community. Cooking, sharing affordable and nourishing meals, accessible physical group activity, tracking personal goals, and more! **Free. Registration required. For more information and to be put on a waitlist for future sessions, please contact Marishka**

Harmony Community Food Market

Date: Tuesdays June 9th – end of October, 2:45pm-4:45pm

Location: 2 Gower St.

Drop-in program. Join us at the market every Tuesday until the end of October! We will be selling affordable fresh fruits and vegetables, snacks, and more! Activities for families, and fun opportunities for all community members! **For more information, please contact Sarah.**

Kids Can Cook

Date: Thursdays July 2, 9, 16, 23, 1:00pm-3:00pm

Location: 2 Gower St.

Registration required. Free kids and family cooking program. Parent/caregiver must attend with child. Family-friendly, fun, affordable recipes and food education. **For more information and to register, please contact Sarah.**