

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Harmony CFC - Closed No Harmony CFC Café	4 Harmony Community Food Market 2:45pm-4:45pm	5 Mind Your Food Youth Program – Macarons! 11:00am-1:00pm Community Meal 3:30pm-5:00pm	6 FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm	7 Mulberry Jam and Granola Workshop 11:00am-12:30pm 
10 Harmony CFC Café 11:00am-12:00pm	11 Harmony Community Food Market 2:45pm-4:45pm	12 Community Meal 3:30pm-5:00pm	13 FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm	14 Garden Club-Working Bee 10:00am-11:30am 
17 Harmony CFC Café 11:00am-12:00pm	18 Harmony Community Food Market 2:45pm-4:45pm	19 Community Meal 3:30pm-5:00pm	20 FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Kids Can Cook 1:00pm-3:00pm	21
24 Harmony CFC Café 11:00am-12:00pm	25 Harmony Community Food Market 2:45pm-4:45pm	26 Community Meal 3:30pm-5:00pm	27 Kids Can Cook 1:00pm-3:00pm	28
31 Harmony CFC Café 11:00am-12:00pm	 Harmony Garden Club Update Please note that there will be no regular Thursday Harmony Garden Club in August. Instead, join us for our Garden Working Bee on Friday, August 14 (10:00am – 11:30am). We hope to see you there!  Thank you! A heartfelt thank you to our summer staff and all of our volunteers for your hard work, dedication, and support throughout the summer. We appreciate everything you do!			

Last updated on July 28 2026

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

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. For more info, contact Sarah.**

Harmony Garden Club-Working Bee

Date: Friday, August 14, 10:00am-11:30am

Location: 2 Gower St.

Drop-in program. Join us in caring for our garden! Help weed, water, harvest, and maintain the garden while enjoying fresh air, gentle physical activity, and connecting with others! No experience necessary. **For more info, contact Ashley.**

Mulberry Jam and Granola Workshop

Date: Friday, August 7, 11:00am-12:30am

Location: 2 Gower St.

Registration required. Learn how to make delicious homemade mulberry jam and granola using fresh ingredients. Enjoy a fun, hands-on workshop and take home what you made. **Free. To register, please contact Ashley.**

Harmony CFC Café (no café Aug 3)

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. For more info, contact Sarah.**

Contact information:

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

Marishka (she/her): mpope@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

Mind Your Food Youth Program

Date: Wednesday Aug 5, 10:30am-1:00pm

Location: 2 Gower St.

Registration required. Harmony CFC youth program. We will be learning how to make Macarons from a French Pastry Chef! **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 or Sarah.**

Harmony Community Food Market

Date: Tuesdays until the 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 August 6, 13, 20, 27, 1:00pm-3:0pm

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.**