

**Harmony Community Food Centre • March 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Harmony CFC Café</b> 11:00am-12:00pm <b>Mind Your Food</b> 4:15pm-6:30pm</p>	<p>3</p>	<p>4</p> <p><b>Community Meal</b> 3:30pm-5:00pm</p>	<p>5</p> <p><b>Community Kitchen – Intro to Cooking</b> 11:30am-2:00pm</p>	<p>6</p>
<p>9</p> <p><b>Harmony CFC Café</b> 11:00am-12:00pm <b>Mind Your Food</b> 4:15pm-6:30pm</p>	<p>10</p>	<p>11</p> <p><b>Community Meal</b> 3:30pm-5:00pm</p>	<p>12</p> <p><b>Community Kitchen - Intro to Cooking</b> 11:30am-2:00pm</p>	<p>13</p>
<p>16</p> <p><b>No Harmony CFC Café</b> <b>Mind Your Food</b> 3:30pm-5:30pm* Please note the time-change!</p>	<p>17</p> <p><b>March Break Intergenerational Baking: Mind Your Food and Community Kitchen!</b> 1:00pm-3:00pm</p>	<p>18</p> <p><b>March Break: Mind Your Food Baking!</b> 11:00am-2:00pm <b>Community Meal</b> 3:30pm-5:00pm</p>	<p>19</p>	<p>20</p>
<p>23</p> <p><b>Harmony CFC Café</b> 11:00am-12:00pm <b>Clay Exhibition</b> 1:00pm-2:30pm <b>Mind Your Food</b> 4:15pm-6:30pm</p>	<p>24</p>	<p>25</p> <p><b>Community Meal</b> 3:30pm-5:00pm</p>	<p>26</p> <p><b>Taylor-Massey Oakridge Community Health Information Event</b> Time TBD</p>	<p>27</p>
<p>30</p> <p><b>Harmony CFC Café</b> 11:00am-12:00pm <b>Mind Your Food</b> 4:15pm-6:30pm</p>	<p>31</p> <p><b>Food Connects: Caribbean Food Traditions Conversation!</b> 2:30pm-4:00pm</p>	<p><b>*It's almost Springtime! But remember, if there is an ORANGE or RED weather alert from Environment Canada, please stay home and do not come to Harmony CFC. Our programs will be cancelled!</b></p>		



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

<p><b>Community Meal Program</b>  <b>Date:</b> Every Wednesday  <b>Time:</b> 3:30pm-5:00pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Please join us for a nourishing, hot meal at Harmony CFC every Wednesday 3:30pm-5:00pm. Restaurant style. 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. <b>Free, no registration. For more information, please contact Sarah.</b></p>	<p><b>Mind Your Food</b>  <b>Date:</b> Mondays, 4:15pm-6:15pm. Extra March Break sessions on March 17 (with Community Kitchen program) and March 18!  <b>Location:</b> 2 Gower St.  <b>Registration required.</b> Free, food-focused program for youth ages 13-19. We will explore food traditions, food and land, cooking and baking skills, new and familiar recipes, our bodies and our wellbeing, and how emotions are connected to what we eat! We'll also take some special trips! <b>For more information, contact Sarah.</b></p>
<p><b>Food Connects: Caribbean Food Traditions Conversation!</b>  <b>Date:</b> Tuesday March 31, 2:30pm-4:00pm  <b>Location:</b> 2 Gower St.  <b>Registration required.</b> Free. Join us for a community discussion on Caribbean Food Traditions. Learn, share, listen, and explore. Open to everyone, open to families and people of all ages. Light meal/food, coffee, tea. <b>For more information and to register, please contact Sarah.</b></p>	<p><b>Community Kitchen</b>  <b>Date:</b> Thursdays March 5 &amp; 12, 11:30am-2:00pm. March 17: make-up session with Mind Your Food Youth Program.  <b>Location:</b> 2 Gower St.  <b>Registration required.</b> Learn, Cook, and Share! Join us for a free, in-person, hands-on program. Ages 18+. Priority given to new participants. <b>(Registration full – Sorry! Contact Marishka to find out about future Community Kitchen programs).</b></p>
<p><b>Harmony CFC Café</b>  <b>Date:</b> Every Monday <b>No café on Monday March 16 due to Seniors' St Patrick Day Lunch (Contact Selvy to register 416-752-0101 x4224)</b>  <b>Time:</b> 11:00am-12:00pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Come join us on Monday mornings at Harmony CFC for coffee, tea, and simple breakfast snacks like yogurt, fresh baked goods, and fruit. A great way to meet people, have good conversations, and spend time with Harmony CFC staff. <b>Free, no registration. For more information, please contact Sarah.</b></p>	<p><b>Clay Exhibition</b>  <b>Date:</b> Monday March 23, <b>Time:</b> 1:00pm-2:30pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Join us for an exhibition of pottery and clay creations handmade by Seniors Active Living Centre members!  <b>For more information, please contact Sarah</b></p>
<p><b>Contact information:</b>  Sarah: <a href="mailto:sclement@srhc.com">sclement@srhc.com</a>, 416-752-0101 x4226  Marishka: <a href="mailto:mpope@srhc.com">mpope@srhc.com</a>, 416-752-0101 x4227  Lydia (manager): <a href="mailto:lsun@srhc.com">lsun@srhc.com</a>, 416-752-0101 x4221</p>	<p> <b>It's almost time for local and seasonal Ontario produce! In March, the following veggies can be found local (mostly winter root veggies, still!):</b>  Cabbage • Carrots • Sweet potato and Potatoes • Onions (white, yellow, and red) • Garlic • Mushrooms • Parsnips • Rutabaga • Greenhouse cucumbers, lettuce, peppers, and tomatoes • Sprouts  <b>Check out the flyer stand in the main hall for seasonal, affordable, and yummy recipes that use these ingredients!</b></p>

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