



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Harmony CFC Café: 11:00am-12:00pm	2	3 Community Meal 3:30pm-5:00pm	4 Harmony Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm	5
Please note: the centre will be under construction the first week of June. There will be <b>NO PARKING</b> . There will be a safe entrance. Staff are here to help.				
8 Harmony CFC Café: 11:00am-12:00pm	9 Harmony Community Food Market with Cycle Toronto – free bike repair! 2:45pm-4:45pm	10 Community Meal 3:30pm-5:00pm	11 Harmony Garden Club 3:00pm- 4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Overdose Response Training (and lunch!) 12:30pm-2:30pm	12
15 <b>No Harmony CFC Café</b>	16 Harmony Community Food Market 2:45pm-4:45pm	17 Community Meal 3:30pm-5:00pm	18 Harmony Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm	19
22 Harmony CFC Café: 11:00am-12:00pm	23 Harmony Community Food Market 2:45pm-4:45pm	24 Community Meal 3:30pm-5:00pm	25 Harmony Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Mind Your Food Youth Program: Field Trip! 2:00pm-5:00pm	26
29 Harmony CFC Café 11:00am-12:00pm Pride Book Club! 3:00pm-4:30pm	30 Harmony Community Food Market 2:45pm-4:45pm	Happy Pride Month! At Harmony CFC, we welcome and celebrate the wide landscape of gender and sexuality, and all kinds of families! We do not tolerate any kind of homophobia and/or transphobia. Love is Love! You are welcome here. Join our Pride book-club this June. Talk to Sarah for more info 😊 AND Happy Seniors' Month to all our amazing Seniors & Elders! You add so much to our community! Join our Seniors' Active Living Centre programs – ask any staff about Seniors' programs at Harmony Hall and Crescent Town! Programs in English, Tamil, Bangla, and Chinese.		



<p><b>Community Meal Program</b>  <b>Date:</b> Every Wednesday, 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. Made from scratch at Harmony CFC! 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, contact Sarah.</b></p>	<p><b>Mind Your Food Youth Program</b>  <b>Date:</b> Thursday June 25, 2:00pm-5:00pm  <b>Location:</b> Carrot Common – Rooftop Garden  <b>Registration required.</b> Harmony CFC youth program. Join us for a field trip to the Carrot Common Rooftop Garden. <b>Contact Sarah.</b></p>
<p><b>Harmony Garden Club</b>  <b>Date:</b> Thursdays, 3:00pm-4:30pm <b>(time may change)</b>  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Join our garden club every Thursday to weed, water, harvest, and care for our garden plots! No experience necessary. <b>Free. To register and for more information, please contact Ashley.</b></p>	<p><b>FoodFit for Seniors</b>  <b>Date:</b> Thursday June 4<sup>th</sup> – August 20<sup>th</sup>  <b>Location:</b> Crescent Town Club  <b>Registration Full (for this round).</b> 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! <b>Free. Registration required. For more information and to be put on a waitlist for future sessions, please contact Marishka</b></p>
<p><b>Harmony CFC Café</b>  <b>Date:</b> Every Monday <b>No café June 15</b> 11:00am-12:00pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Join us Monday mornings 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, contact Sarah.</b></p>	<p><b>Harmony Community Food Market</b>  <b>Date:</b> Tuesdays, June 9<sup>th</sup> – end of October, 2:45pm-4:45pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> 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! <b>For more information, please contact Sarah.</b></p>
<p><b>Contact information:</b>  Sarah (she/her): <a href="mailto:sclement@srhc.com">sclement@srhc.com</a>, 416-752-0101 x4226  Marishka (she/her): <a href="mailto:mpope@srhc.com">mpope@srhc.com</a>, 416-752-0101 x4227  Ashley: <a href="mailto:aedwards@srhc.com">aedwards@srhc.com</a>, 416-752-0101 x4225  Lydia (she/her, manager): <a href="mailto:lsun@srhc.com">lsun@srhc.com</a>, 416-752-0101 x4221</p>	<p><b>PRIDE Book Club</b>  <b>Date:</b> Monday June 29<sup>th</sup>, 3:00pm-4:30pm  <b>Location:</b> 2 Gower St.  <b>Registration required.</b> We will be reading chapter 1 of “What is Queer Food? How we Served a Revolution” by John Birdsall. Reading material provided in advance! Book club meeting to include discussion and snacks! Inclusive, respectful space for learning, sharing, and pride! <b>For more information, please contact Sarah.</b></p>