



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Harmony CFC Café 11:00am-12:00pm</p>	<p>2</p>	<p>3 Community Meal 3:30pm-5:00pm</p>	<p>4 Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm</p>	<p>5</p>
<p>Please note: the centre will be under construction the first week of June. There will be a safe entrance at the front. Staff can help you – feel free to ask us more!</p>				
<p>8 Harmony CFC Café 11:00am-12:00pm</p>	<p>9 Harmony Community Food Market with Cycle Toronto – free bike repair! 2:45pm-4:45pm</p>	<p>10 Community Meal 3:30pm-5:00pm</p>	<p>11 Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm Overdose Response Training (and lunch!) 12:30pm-2:30pm</p>	<p>12</p>
<p>15 No Harmony CFC Café</p>	<p>16 Harmony Community Food Market 2:45pm-4:45pm</p>	<p>17 Community Meal 3:30pm-5:00pm</p>	<p>18 Garden Club 3:00pm-4:30pm FoodFit for Seniors (Registration FULL) 10:30am-1:30pm</p>	<p>19</p>
<p>22 Harmony CFC Café 11:00am-12:00pm</p>	<p>23 Harmony Community Food Market 2:45pm-4:45pm</p>	<p>24 Community Meal 3:30pm-5:00pm</p>	<p>25 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</p>	<p>26</p>
<p>29 Harmony CFC Café 11:00am-12:00pm Pride Book Club! 3:00pm-4:30pm</p>	<p>30 Harmony Community Food Market 2:45pm-4:45pm</p>	<p>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 and 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>		



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 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. **Free, no registration. For more information, contact Sarah.**

Harmony Garden Club

Date: Thursdays, 3:00pm-4:30pm (timing may change after June)

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.**

Harmony CFC Café

Date: Every Monday **No café May 11 or 18**, 11:00am-12:00pm

Location: 2 Gower St.

Drop-in program. 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. **Free, no registration. For more information, 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: Thursday June 25, 2:00pm-5:00pm

Location: Carrot Common – Rooftop Garden

Registration required. Harmony CFC youth program. Join us for a field trip to the Carrot Common Rooftop Garden. **Contact Sarah.**

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.**

PRIDE Book Club

Date: Monday June 29th, 3:00pm-4:30pm

Location: 2 Gower St.

Registration required. 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! **For more information, please contact Sarah.**