


  **Harmony Community Food Centre • May 2026**  

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Happy Asian Heritage Month!</b> May is Asian Heritage Month in Canada, a time to reflect on and recognize the many contributions that people of Asian origin have made and continue to make to Canada (and at Harmony CFC!). Check out our calendar for programs and events that celebrate the diversity of Asian cultures in our community. And, please note - we have ongoing Tamil, Bengali, and Chinese Seniors' programs at Harmony Hall – please contact any staff member to find out more and to register!</p>				1
4 Harmony CFC Café: 11:00am-12:00pm	5	6 Community Meal 3:30pm-5:00pm	7	8
11 No Harmony CFC Café	12	13 No Community Meal	14 Food Connects: Chinese Cooking with our Community! 12:30pm-3:30pm	15
18 Closed - No Harmony CFC Café	19	20 Community Meal 3:30pm-5:00pm	21	22
25 Harmony CFC Café 11:00am-12:00pm	26	27 Community Meal 3:30pm-5:00pm	28 Mind Your Food Drop-in: Celebration of Asian Heritage Month 4:00pm-6:30pm	29

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

<p><b>Community Meal Program</b>  <b>Date:</b> Every Wednesday <b>No Community Meal May 13</b>  <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 Drop-in</b>  <b>Date:</b> Thursday May 28, 4:00pm-6:30pm  <b>Location:</b> 2 Gower St.  <b>Drop-in program.</b> Celebration of Asian Heritage Month. Recipes and more information to follow! <b>Free. To register and for more information, please contact Sarah.</b></p>
<p><b>Harmony CFC Café</b>  <b>Date:</b> Every Monday <b>No café May 11 or 18</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>Food Connects</b>  <b>Date:</b> Thursday May 14, 12:30pm-3:30pm  <b>Location:</b> 2 Gower St.  <b>Registration Required.</b> Community cooking program. Chinese cooking led by a few of our amazing community members. Open to the Harmony CFC community and people who have participated in cooking programs.  <b>Free. Registration required. For more information and to register for the volunteer orientation, please contact Marishka</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> It's almost time for local and seasonal Ontario produce!  <b>In May, the following fresh veggies can be found local:</b>  Rhubarb • Asparagus • Spinach • Snow Peas • Radishes • Winter root vegetables •  <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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