

CENTRAL NEIGHBOURHOOD HOUSE

Program Calendar - April 2019

349 Ontario Street, Toronto, ON, M5A 2V8 www.theneighbourhoodgroup.org



Community Development (in black) Children's (in green) Women's Programs (in red) Girl's Programs (in purple) Youth Programs (in blue) Boy's (in brown)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Women's Club 1-3 pm Yoga at St. James Town Sports and Challengers 3:30-5:30pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30 pm	2 Women's Club 1-3 English Conversation Jr GEMS –Arts/Crafts Cooking and Boxing 3:30-5:30 pm First Fire Dance 4-7 pm at The Citadel	3 Journalism and Sports – 3:30-5:30pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30	4 Women's Club 1-3 Tai Chi GEMS 6-8 Board games Cooking and Boxing 3:30-5:30 pm Step Up – Minute to win First Fire Dance 4-7 pm	5 Freestyle Fridays 3:30-5:30 pm 6-8:30 – Youth Social Space and Between The Lines	6 1:30-3 Girls Social and Recreational Program 3-6 Transformation-Workshop 6-8:30 Social and Recreational Club
7 2:30- 4:30 Hockey Club 4:45-8:30 Social and Recreational Club	8 Women's Club 1-3 pm Yoga at St. James Town Volleyball/Tower – 3:30-5:30pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30 pm	9 Women's Club 1-3 English Conversation Cooking and Boxing – 3:30-5:30pm Jr GEMS – Self-love First Fire Dance 4-7 pm at The Citadel	10 Junior Journalism – 3:30-5:30pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30	11 Women's Club Mandarin 10-12,1-3 East Africa, Tamil, Bengali Jr. Journalism 3:30-5:30pm GEMS 6-8 Self Love Step Up – Baking First Fire Dance 4-7 pm	12 Freestyle Fridays 3:30-5:30 pm 6-8:30 – Youth Social Space and Between The Lines	13 1:30-3 Girls Social and Recreational Program 3-6 Transformation-Swimming/Snacks 6-8:30 Social and Recreational Club
14 2:30- 4:30 Hockey Club 4:45- 8:30 Social and Recreational Club	15 Women's Club 1-3 Yoga at St. James Town Sports and Challengers 3:30-5:30 pm Voicemail 12:30-3:30 Line Dancing 7-9:30 pm	16 Women's Club 1-3 English Conversation Cooking and Boxing 3:30-5:30pm Jr GEMS –Badminton First Fire Dance 4-7 pm at The Citadel	17 Sports and Crafts 3:30-5:30 pm Voicemail 12:30-3:30 Line Dancing 7-9:30	18 Women's Club 1-3 Tai Chi Cooking and Boxing- 3:30-5:30pm Step Up- Trivia GEMS- Basketball Tournament First Fire Dance 4-7 pm	19 GOOD FRIDAY CNH Closed	20 1:30-3 Girls Social/Recreational 3-6 Transformation Easter Myths/Snacks 6-8:30 Social and Recreational Club
21 2:30- 4:30 Hockey Club 4:45- 8:30 Social and Recreational Club	22 EASTER MONDAY CNH Closed	23 Women's Club 1-3 English Conversation Cooking and Boxing – 3:30-5:30pm Jr GEMS –Rubber Band First Fire Dance 4-7 pm at The Citadel	24 Jr. Journalism 3:30-5:30 pm Voicemail 12:30-3:30 Line Dancing 7-9:30 pm	25 Women's Club Mandarin 10-12 pm, 1-3 East Africa, Tamil, Bengali Cooking & Boxing –3:30-5:30pm Step Up – Video GEMS- Movie First Fire Dance 4-7	26 Freestyle Fridays 3:30-5:30 pm 6-8:30 –Youth Social Space and Between The Lines	27 1:30-3 pm Girls Social/Recreational 3-6 Transformation-Workshop/Snacks 6-8:30 Social and Recreational Club
28 2:30- 4:30 Hockey Club 4:45-8:30 Social and Recreational Club	29 Women's Club 1-3 Yoga at St. James Town Sports and Challengers – 3:30-5:30pm Voicemail 12:30-3:30 Line Dancing 7-9:30 pm	30 Women's Club 1-3 English Conversation Boxing and Cooking – 3:30-5:30pm Jr GEMS -Movie Day First Fire Dance 4-7 pm at The Citadel	May 1 Sports and Challengers – 3:30-5:30pm Voicemail 12:30-3:30 Line Dancing 7-9:30	May 2 Women's Club 1-3 Tai Chi Junior Journalism 3:30-5:30pm Step Up GEMS First Fire Dance 4-7 pm		

YOUTH PROGRAMS

Workshops on employability, arts leadership, recreation, skill building, and fun!

GEMS Girls Empowered for More Success! Sports, leadership, art and social activities, homework, games, outings and discussion girls contact Franclyn at fclement@tngcs.org or DROP IN!

Girls Social and Sport Program Saturdays 1:30-3 ages 13-24 contact Chantelle, Children and Youth Weekend Program Coordinator, ctargette@tngcs.org Or DROP IN to register



Co-ed KIDZ Recreation Transformation Club! For 10 to 13 year olds! Saturdays from 3 pm to 6 pm. Come check it out!



For YOUTH programming contact Chantelle, Weekend Program Coordinator, ctargette@tngcs.org Or DROP IN to register

FIRST FIRE DANCE Juniors (ages 7-12) and Seniors (ages 13-18) program at The Citadel! Tuesday/Thursdays 4 to 7 pm contact Dana akwego@councilfire.ca

Drop In BASKETBALL games and Table Tennis: Saturday and Sunday from 4:30 to 8:30 pm*** when there are no other programs scheduled in the gym or field trips planned.



B2M STEP UP! THURSDAYS 6 to 8 pm with Abdi for ages 10 to 13.



Friday Night Social Space! Check out Friday nights from 6-8:30pm at CNH. Sports, snacks and fun! Start your own Club and make the space your own! Contact Chantelle for more information.



To register your child for a club please contact Michelle, Manager, Children and Youth Services 416-925-4363 milios@tngcs.org



To register for Tutoring contact Franny, Coordinator 416-925-4363 x101, cell 416-797-5043 fclement@tngcs.org



Our **WOMEN'S CLUB** provides language-specific workshops in the Bengali, Tamil, Mandarin, Somali and Swahili engaging the community through workshops on employment, parenting, ending violence, and navigating Canadian systems. Contact Safia, Women's Program Coordinator at 416-925-4363 ext.120 or shirsi@tngcs.org

COMMUNITY DEVELOPMENT

Our **Community VOICEMAIL** Project is an alternative way for people to stay connected to their contacts. **Registration:** Mondays and Wednesdays from 12:30 to 3:30 at CNH. Contact: Touhida, Community Development Coordinator at 416-925-4363 ext.103 or tchoudhury@tngcs.org

Save the date!!! Upcoming event at CNH!!

Saturday June 8, 2019 Bright Ideas Symposium where community ideas get funded by our **Innovation Fund**

LINE DANCING Toronto Wranglers. Workshop Mondays and Wednesdays 7-9:30 pm the first hour beginner instruction followed by an hour of improver and intermediate level dances along with open dancing. ***Drop-in fee of \$5.00 per class. Doors are only open from 6:45-7:30 pm www.torontowranglers.com

VULNERABLE SENIORS HOUSING PROGRAM

helps those who are 55+ and at-risk of/or homeless to find and secure appropriate and affordable housing. We work one-to-one with clients to identify needs and to determine the appropriate services and support required. We meet wherever most comfortable – in the community, at home or at our office. For more information please Contact our Vulnerable Senior's Program Coordinator, Afroza at 416.925.4363 x 202 or asultana@tngcs.org or Drop In Monday to Friday from 9:30 to 5:30.