

# CENTRAL NEIGHBOURHOOD HOUSE- 349 Ontario Street, Toronto, ON, M5A 2V8

## Program Calendar – February 2020

Community Development (in black) Kidz Klub (in green) Women's Programs (in red) Girls Programs (in purple) Boys Program (in marron) Youth Programs (in blue)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Do you have a household item that's broken? Toss it- No Way! <b>Repair Café on February 22, 12-4PM!!!</b></p>				<p><b>1 Girls Social and Recreational Program 1:30-3:00 pm</b>  <b>3-6pm Transformation Basketball /Mini Workshop/cooking Recreational Club 6-8:30 pm</b></p>
<p><b>2</b>                      Open space 2:30-4:30pm                      Social and Recreational Club 4:45-8:30pm</p>	<p><b>3 Yoga at St. James Town 1:00-3:00pm</b>                      County Ball 3-6 pm                      Voicemail 12:30-3:30 pm                      Line Dancing 7-9:30 pm</p>	<p><b>4 English Conversation 1-3 pm</b>                      Boxing/Pancakes 3-6pm                      G.E.M S Jr Plan/ March Activities                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>5</b>                      Voicemail 12:3-3:30pm                      Kahoot/Basketball 3-6 pm                      Line Dancing 7-9:30 pm</p>	<p><b>6 Mandarin 10:00-12:00</b>                      East African, Tamil Bengali 1:00-3:00 pm                      Boxing/Cake 3-6pm                      Step Up Tower Building/Tacos                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>7</b>                      Meridian Arcade day 3-6 pm                      6-8:30 pm B2M / Youth Social Space</p>	<p><b>8 Girls Social and Recreational Program 1:30-3:00 pm</b>                      3-6pm Transformation Movie/ Cooking                      6-8:30 Social and Recreational Club</p>
<p><b>9</b>                      Open Space 2:30-4:30pm                      Social and Recreational Club- 4:45- 8:30pm</p>	<p><b>10</b>                      Yoga at St. James Town 1:00-3:00pm                      Soccer 3-6 pm                      Voicemail 12:30-3:30pm                      Line Dancing 7-9:30 pm</p>	<p><b>11 English Conversation 1-3 pm</b>                      Boxing/Brownies 3-6pm                      G.E.M S Jr Burrito Wraps and Brownies                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>12</b>                      Voicemail 12:30-3:30                      Handball &amp; Board game 3-6 pm                      Line Dancing 7-9:30pm</p>	<p><b>13</b>                      Tai Chi 1-3 pm                      Days of Caring- Boxing 3-6 pm                      Step Up King of the Court                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>Happy Valentine Day!</b>                      PA Day 3-6 pm                      6-8:30 pm B2M / Youth Social Space</p>	<p><b>15 Girls Social and Recreational program 1:30-3:00 pm</b>                      3-6pm Transformation Basketball/Valentine Activity /Cooking                      Social and Recreational Club 6-8:30 pm</p>
<p><b>16</b>                      Open Space 2:30-4:30pm                      Social and Recreational Club 4:45- 8:30pm</p>	<p><b>17</b>                      Family day                       CNH Closed</p>	<p><b>18 English Conversation 1-3 pm</b> Celebrating Black History Month!                      Boxing &amp; Cooking 3-6pm                      G.E.M.S Jr Recycling                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>19</b>                      Voicemail 12:30-3:30pm                      Volleyball &amp; Arts 3-6 pm                      Line Dancing 7-9:30 pm</p>	<p><b>20 Mandarin 10:00-12:00</b>                      East African, Tamil Bengali 1:00-3:00 pm                      Boxing &amp; Dumplings 3-6 pm                      Step Up Trivia/ Mini pizza                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>21</b>                      Movie Day 3-6pm                      6-8:30 pm B2M / Youth Social Space</p>	<p><b>22 Repair Café 12- 4</b>                      Girls Social and Recreational program 1:30-3:00 pm                      3-6pm Transformation Basketball/ Soccer                      Social and Recreational Club 6-8:30 pm</p>
<p><b>23</b>                      Open Space 2:30-4:30pm                      Social and Recreational Club 4:45- 8:30pm</p>	<p><b>24 Yoga at St. James Town 1:00-3:00pm</b>                      Flag Football 3-6pm                      Voicemail 12:30-3:30pm                      Line Dancing 7-9:30 pm</p>	<p><b>25 English Conversation 1-3 pm</b>                      Boxing &amp; cooking 3-6pm                      G.E.M.S Jr Movie Day                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>26</b>                      Voicemail 12:30-3:30                      Soccer &amp; Minute to Win 3-6 pm                      Line Dancing 7-9:30 pm</p>	<p><b>27 Tai Chi 1-3 pm</b>                      Boxing &amp; Cooking 3-6pm                      Step Up video games &amp; Pizza Night                      First Fire Dance Program 4:00-5:30pm</p>	<p><b>28</b>                      Meridian Arcade day 3-6 pm                      6-8:30 pm B2M / Youth Social Space</p>	<p><b>29 Girls Social and Recreational program 1:30-3:00 pm</b>                      3-6pm Transformation Basketball/ Computer/ Cooking                      Social and Recreational Club 6-8:30 pm</p>

## YOUTH PROGRAMS

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

### **GEMS Girls Empowered for More Success!** with Chantelle

Girls and Young Women sports, leadership, arts and social activities include arts, homework, games, outings and discussion girls contact Franclyn Clement at [fclement@tngcs.org](mailto:fclement@tngcs.org) or DROP IN!

**Girls Social and Sport Program**  
Saturdays 1:30-3 pm ages 13 to 24.

Contact Chantelle, Children and Youth Weekend Program Coordinator,  
[ctargett@tngcs.org](mailto:ctargett@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 with Chantelle or Khimar

For YOUTH programming contact Chantelle, Youth Weekend Program Coordinator,  
[ctargett@tngcs.org](mailto:ctargett@tngcs.org)  
Or DROP IN to register

**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



**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.

**First Fire Dance Program** is at the Citadel every Tuesday and Thursday from 4:00 to 5:30pm. If you need more Information contact Tasha Toulouse at [akwego@councilfire.ca](mailto:akwego@councilfire.ca) 416-360-4350 X228

For after school programs information or to sign up for a program, please speak to Michelle Ilios or Franclyn Clement  
[milios@tngcs.org](mailto:milios@tngcs.org)  
[fclement@tngcs.org](mailto:fclement@tngcs.org)



**B2M STEP UP/Youth THURSDAYS** 6 - 8 pm with Abdi for ages 10 to 13. For more information please email [Ahassan@tngcs.org](mailto:Ahassan@tngcs.org)

Our **WOMEN'S CLUB** provides language-specific workshops in the Bengali, Tamil, Mandarin, Somali and Swahili with focus on community engagement, employment, parenting skills, ending violence, and navigating Canadian systems. For more information please contact Safia, Women's Program Coordinator 416-925-4363 ext. 120 or [shirsi@tngcs.org](mailto:shirsi@tngcs.org)

### EMPLOYMENT SERVICES

Employment counselling, résumé writing and interview preparation; access to exclusive hiring fairs.  
Contact Long Wu [lwu@tngcs.org](mailto:lwu@tngcs.org) at 416-691-7407 ext.323 to make an appointment.

## 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](mailto:tchoudhury@tngcs.org)

### COMPUTER ACCESS PROGRAM

As part of community development, we provide a free computer program at the reception area of 349 Ontario Street to community members.

**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](http://www.torontowranglers.com)

### THIS MONTH!

**The REPAIR CAFÉ** on February 22nd, 2020 This community event will help you with free repairs of your broken items like small appliances, electronics, clothes, jewelry, computers, bikes and more. SO, DON'T THROW IT RATHER FIX IT!!!We also welcome volunteers as "Fixers" or as general support for the event. For more information contact Touhida, Community Development Coordinator at 416-925-4363 ext.103 or [tchoudhury@tngcs.org](mailto:tchoudhury@tngcs.org)

### BLACK HISTOTY MONTH

Let's celebrate this month to remember the important contributions and achievements of African Americans throughout our nation's history. **February 18<sup>th</sup>, 2020 from 1:00- 3:00pm at CNH**

**BLECKER/WELLESLEY ACTIVITY NETWORK** organizes "For the Love of the Seniors" event on **February 14<sup>th</sup>, 2020 at Wellesley Community Centre from 11:00- 2:00pm**. CNH will be one of the agencies joining this event to show respect and gratitude to our seniors!