

# CENTRAL NEIGHBOURHOOD HOUSE

Program Calendar – May 2019

349 Ontario Street, Toronto, ON, M5A 2V8 [www.theneighbourhoodgroup.org](http://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)



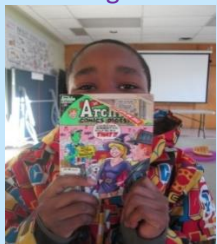
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <b>Sports Intramural basketball</b> – 3:30-5:30pm <b>Voicemail</b> 12:30-3:30 pm <b>Line Dancing</b> 7-9:30	<b>2 Women's Club 1-3</b> <b>Tai Chi 1-3 East Africa, Tamil, Bengali</b> <b>Cooking:</b> Sandwiches 3:30-5:30 pm <b>Step Up</b> – Dodgeball & Shawarma <b>First Fire Dance</b> 4-7 pm	<b>3</b> <b>Movies/Popcorn</b> 3:30-5:30 pm <b>6-8:30 – B2M/Youth Social Space</b>	<b>4</b> <b>1:30-3 Girls Social and Recreational Program</b> <b>3-6 Transformation-Workshop/Water Fight</b> <b>6-8:30 Social and</b>
<b>5</b> <b>2:30- 4:30 Hockey Club</b>  <b>4:45-8:30 Social and Recreational Club</b>	<b>6 Women's Club 1-3 pm</b> <b>Yoga at St. James Town</b> <b>Race Puzzle Building</b> – 3:30-5:30pm <b>Voicemail</b> 12:30-3:30 pm <b>Line Dancing</b> 7-9:30 pm	<b>7 Women's Club 1-3</b> <b>English Conversation</b> <b>Cooking: Spaghetti</b> – 3:30-5:30pm <b>Jr GEMS</b> – <b>Respect Workshop First Fire Dance</b> 4-7 pm at The Citadel	<b>8</b> <b>Indoor Ball Hockey</b> – 3:30-5:30pm <b>Voicemail</b> 12:30-3:30 pm <b>Line Dancing</b> 7-9:30	<b>9 Women's Club</b> <b>Mandarin 10-12,1-3 East Africa, Tamil, Bengali</b> <b>Bag Ice-cream</b> 3:30-5:30pm <b>Step Up</b> – <b>Fitness &amp; Fruit salad</b>	<b>10</b> <b>Nintendo Switch</b> 3:30-5:30 pm <b>6-8:30 – B2M/Youth Social Space</b>	<b>11</b> <b>1:30-3 Girls Social and Recreational Program</b> <b>3-6 Transformation-Swimming/Snack</b> <b>6-8:30 Social and Recreational Club</b>
<b>12</b> <b>2:30- 4:30 Hockey Club</b>  <b>4:45- 8:30 Social and Recreational Club</b>	<b>13 Women's Club 1-3</b> <b>Yoga at St. James Town</b> <b>Indoor Badminton</b> 3:30-5:30 pm <b>Voicemail</b> 12:30-3:30 <b>Line Dancing</b> 7-9:30 pm	<b>14 Women's Club 1-3</b> <b>English Conversation</b> <b>Cooking: Burritos</b> 3:30-5:30pm <b>Jr GEMS</b> – <b>Make Erasers</b> <b>First Fire Dance</b> 4-7 pm at The Citadel	<b>15</b> <b>Basketball/Soccer</b> 3:30-5:30 pm <b>Voicemail</b> 12:30-3:30 <b>Line Dancing</b> 7-9:30	<b>16 Women's Club 1-3</b> <b>Tai Chi</b> <b>Cooking: Cake Pops-</b> 3:30-5:30pm <b>Step Up-</b> King's court & Milkshakes <b>First Fire Dance</b> 4-7 pm	<b>17</b> <b>Movies/Popcorn</b> 3:30-5:30 pm <b>6-8:30 – B2M/Youth Social Space</b>	<b>18</b> <b>1:30-3 Girls Social/Recreational</b> <b>3-6 Transformation Workshop/Snack</b> <b>6-8:30 Social and Recreational Club</b>
<b>19</b> <b>2:30- 4:30 Hockey Club</b>  <b>4:45- 8:30 Social and Recreational Club</b>	<b>20</b>  <b>Victoria Day</b> <b>CNH Closed</b>	<b>21 Women's Club 1-3</b> <b>English Conversation</b> <b>Cooking: Chicken Alfredo</b> – 3:30-5:30pm <b>Jr GEMS</b> – <b>Gym games</b> <b>First Fire Dance</b> 4-7 pm at The Citadel	<b>22</b> <b>Kick Ball</b> 3:30-5:30 pm <b>Voicemail</b> 12:30-3:30 <b>Line Dancing</b> 7-9:30	<b>23 Women's Club</b> <b>Mandarin 10-12 pm</b> <b>1-3 Tamil Cooking:</b> Panzerotti –3:30-5:30pm <b>Step Up</b> – <b>Movie Night &amp; Nachos</b> <b>First Fire Dance</b> 4-7	<b>24</b> <b>Nintendo Switch</b> 3:30-5:30 pm <b>6-8:30 – B2M/Youth Social Space</b>	<b>25</b> <b>1:30-3 pm Girls Social/Recreational</b> <b>3-6 Transformation-Sports/Snack</b> <b>6-8:30 Social and Recreational Club</b>
<b>26</b> <b>2:30- 4:30 Hockey Club</b>  <b>4:45-8:30 Social and Recreational Club</b>	<b>27 Women's Club 1-3</b> <b>Yoga at St. James Town</b> <b>Track &amp; Field</b> – 3:30-5:30pm <b>Voicemail</b> 12:30-3:30 <b>Line Dancing</b> 7-9:30 pm	<b>28 Women's Club 1-3</b> <b>English Conversation</b> <b>Cooking: Pancake &amp; Turkey Bacon</b> – 3:30-5:30pm <b>Jr GEMS</b> - <b>Movie night</b> <b>First Fire Dance</b> 4-7 pm	<b>29</b> <b>Basketball at LD</b> – 3:30-5:30pm <b>Voicemail</b> 12:30-3:30 <b>Line Dancing</b> 7-9:30	<b>30</b> <b>Cooking: Stir Fry</b> 3:30-5:30pm <b>Step Up</b> – <b>Baking &amp; Trivia</b> <b>First Fire Dance</b> 4-7 pm	<b>31</b> <b>Movies/Popcorn</b> 3:30-5:30 pm <b>6-8:30 – B2M/Youth Social Space</b>	<b>June 1</b> <b>1:30-3 pm Girls Social/Recreational</b> <b>3-6 Transformation-Sports/Snack</b> <b>6-8:30 Social and Recreational Club</b>

## 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](mailto: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](mailto: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](mailto: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](mailto: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 tel. 416-925-4363 [milios@tngcs.org](mailto:milios@tngcs.org)



To register for **Tutoring** contact Franny, Coordinator 416-925-4363 x101, cell 416-797-5043 [fclement@tngcs.org](mailto: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](mailto: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](mailto:tchoudhury@tngcs.org)

**Save the date!!! Bright Ideas Symposium Saturday June 8, 2019** where we hatch ideas for community innovation. Proposals are selected and funded by our Innovation Fund. Come and share your inspiration and ideas!

**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)

## 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](mailto:asultana@tngcs.org) or Drop-In Monday to Friday from 9:30 to 5:30.

**Join us! I HEART NEIGHBOURHOOD is** a unique collaborative fundraising event by The Neighbourhood Group, Bellwoods Centers for Community Living, Business in the Streets, Regent Park Focus and Urban Arts to raise much-needed funds to support important programs and services. Collectively, our agencies serve 50,000 Torontonians each year. Attendees will enjoy an elegant evening mixing delicious fare and beverages with auction and entertainment. For info or to buy your ticket please visit: <https://www.canadahelps.org/en/charities/theneighbourhoodgroup/events/i-heart-neighbourhood-charity-auction/>

**Wednesday May 15, 2019** at 6:30 to 9:30 pm  
Venue: Ryerson's Mattamy Athletic Centre - 50 Carlton Street