








# CENTRAL NEIGHBOURHOOD HOUSE- 349 Ontario Street

## Program Calendar – March 2017



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>International Women's Day!!!</b>  <b>Breakfast at CNH</b>  <b>and join the March</b>  <b>on Saturday the 11th</b></p>	<p>1 Voicemail 12:30-3:30                  Kidz Klub- Ultimate Frisbee                  Tackling Poverty focus group                  5:30-7:30                  Tax return clinic 6-9 (apt. req'd)                  GEMS-Budgeting 6-8                  Line Dancing 7-10</p>	<p>2 <b>Mandarin Group 10-12</b>                  Tackling Poverty focus groups 11-1, 4-6  <b>Tamil, East African, Bengali groups 1-3</b>                  Kidz Klub- Frontier College reading/ homework club                  4-7 First Fire at the Citadel</p>	<p>3 Kidz Klub- Movie day &amp; gym games  <b>Boys 2 Men 6-9 movies</b></p> 	<p>4 1:30- 3:30 Girls social and rec                  3-6 Boys and Girls                  Weekend Recreation drop in                  4-8:30 Recreational Basketball, Table Tennis and Chess</p>
<p>5                  2:30- 4:30 Hockey Club                  4- 8:30 Recreational Basketball, Table Tennis and Chess</p>	<p>6                  Voicemail 12:30-3:30  <b>Yoga 1-3, St. James Town</b>                  Kidz Klub- Interactive gym games &amp; arts and crafts                  JR. GEMS 6-8 Homework help                  Line Dancing 7-10</p>	<p>7  <b>English Conversation Group 1-3pm</b>                  Kidz Klub- Frontier College: Jr Journalism                  4-7 First Fire at the Citadel</p>	<p>8 Voicemail 12:30-3:30                  Kidz Klub- Stereotypes, equality, respect                  GEMS-Knitting Workshop6-8                  Tax return clinic 6-9 (apt. req'd)                  Line Dancing 7-10  <b>Happy IWD! RISE-UP!</b></p> 	<p>9  <b>Tai Chi 1-3</b>                  Kidz Klub- Book bank &amp; Frontier College                  4-7 First Fire at the Citadel</p> 	<p>10 Kidz Klub-Movie day  <b>Boys 2 Men 6-9 Cooking/ Basketball/workshop on safety and respect</b></p>	<p>11 <b>IWD 9-12 Int'l Women's Day March and Breakfast</b>                  1:30-3:30 Girls social and rec. 3-6 Boys and Girls                  Weekend Recreation drop-in-Movie TBA 4-8:30 Recreational Basketball, Table Tennis and Chess</p>
<p>12                  2:30- 4:30 Hockey Club                  4- 8:30 Recreational Basketball, Table Tennis and Chess</p> 	<p>13                  Voicemail 12:30-3:30  <b>Yoga 1-3, St. James Town</b>                  Kidz Klub-March Break-March 13-17                  JR. GEMS 6-8 Dessert making competition                  Line Dancing 7-10</p>	<p>14  <b>English Conversation Group 1-3pm</b>                  Kidz Klub- March Break-March 13-17                  4-7 First Fire at the Citadel</p>	<p>15 Voicemail 12:30-3:30                  Kidz Klub- March Break-March 13-17                  GEMS- DIY Planters6-8                  Tax return clinic 6-9 (apt. req'd)                  Line Dancing 7-10</p>	<p>16  <b>Mandarin Group 10-12</b>  <b>Tamil, East African, Bengali groups-Cervical cancer workshop 1-3</b>                  Kidz Klub- March Break-March 13-17                  4-7 First Fire at the Citadel</p>	<p>17                  Kidz Klub- March Break-March 13-17  <b>Boys 2 Men 6-9 Boyz Night Out</b></p>	<p>18 1:30-3:30 Girls social and rec                  3-6 Boys and Girls                  Weekend Recreation drop-in                  4-8:30 Recreational Basketball, Table Tennis and Chess</p>
<p>19                  2:30- 4:30 Hockey Club                  4- 8:30 Recreational Basketball, Table Tennis and Chess</p>	<p>20                  Voicemail 12:30-3:30  <b>Yoga 1-3, St. James Town</b>                  Kidz Klub- Gym games: human hungry hippos                  JR. GEMS 6-8 Beading                  Line Dancing 7-10</p>	<p>21  <b>English Conversation Group 1-3pm</b>                  Kidz Klub- Jr Journalism: Frontier College                  4-7 First Fire at the Citadel</p>	<p>22                  Voicemail 12:30-3:30                  Kidz Klub-Spring arts &amp; crafts                  GEMS-Relationships talk 6-8                  Tax return clinic 6-9 (apt. req'd)</p>	<p>23  <b>Tai Chi 1-3</b>                  Kidz Klub- Frontier College &amp; book bank                  4-7 First Fire at the Citadel</p>	<p>24                  Kidz Klub-Movie day  <b>Boys 2 Men 6-9 Guest speaker: from Toronto Raptors (tentative)</b></p>	<p>25 1:30-3:30 Girls social and rec                  3:00-6 Boys and Girls                  Weekend Recreation drop-in                  4-8:30 Recreational Basketball, Table Tennis and Chess</p>
<p>26                  2:30- 4:30 Hockey Club                  4- 8:30 Recreational Basketball, Table Tennis and Chess</p>	<p>27                  Voicemail 12:30-3:30  <b>Yoga 1-3, St. James Town</b>                  Kidz Klub- House group challenges                  JR. GEMS 6-8 Games night                  Line Dancing 7-10</p>	<p>28  <b>English Conversation Group 1-3pm</b>                  Kidz Klub- Junior Journalism                  4-7 First Fire at the Citadel</p>	<p>29 Voicemail 12:30-3:30                  Kidz Klub- Waffle Wednesday &amp; group challenge                  GEMS-Game night 6-8                  Tax return clinic 6-9 (apt. req'd)                  Line Dancing 7-10</p>	<p>30                  Kidz Klub- Gym games &amp; Frontier College                  4-7 First Fire at the Citadel</p>	<p>31 Kidz Klub-Movie day  <b>Boyz 2 Men Club: 6-9</b></p> 	

## YOUTH PROGRAMS

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

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

**GEMS Girls Empowered for More Success!** Girls and Young Women sports, leadership, arts, talk, and speakers, **Wednesdays 6-8 pm, ages 14 to 18** with Lily contact [lcohen@cnh.on.ca](mailto:lcohen@cnh.on.ca)

**Junior GEMS is Mondays 5-8 pm** (except Stat Holidays). Activities include arts, homework, games, outings and discussion girls **ages 10 - 14.** with **Makeeba,** [mfooster@cnh.on.ca](mailto:mfooster@cnh.on.ca)

## **NEW!!! Co-ed KIDZ Recreation Program!**

Co-ed KIDZ Rec Program for 8 to 13 year olds! Saturdays from 3 pm to 5 pm with **Makeeba and Khimar'**

**CHESS Club** come sharpen your strategic game skills!  
**Weekend HOMEWORK Club:**

Supports students to achieve their best! For high school students: Grades 9 to 12. contact Khimar', Children and Youth Worker [kmorgan@cnh.on.ca](mailto:kmorgan@cnh.on.ca)

## FIRST FIRE DANCE

Juniors (ages 7-12) and Seniors (ages 13-18) program now at The Citadel! Tuesday and Thursdays from 4 to 7 pm contact Dana [akwego@councilfire.ca](mailto:akwego@councilfire.ca)

**For all YOUTH** programming please contact **Makeeba,** Children and Youth Program Coordinator [mfooster@cnh.on.ca](mailto:mfooster@cnh.on.ca)  
**DROP IN** or call 416-925-4363 ext.150

**Drop In BASKETBALL:** on Saturday and Sunday from 4:30 to 8:30 pm

\*\*\* when there are no other programs scheduled in the gym or field trips planned

**BOYZ 2 MEN Club** recreation and leadership. Friday evenings from **6 to 8:30 pm for ages 13 to 16.** For questions or to register please contact **Khimar',** Children and Youth Worker [kmorgan@cnh.on.ca](mailto:kmorgan@cnh.on.ca) or **drop-in** Friday evening



## **Our Kidz Klub and Tutoring Program!**

A free **Afterschool Program KIDZ KLUB** 3 to 6pm each weekday. Homework support, literacy, physical and social recreation activities, as well as snacks to the after school crowd. This program helps children foster positive relationships with their peers, and best of all-IT'S FUN! By registration only (no drop-in). To register for Kidz Klub or Tutoring contact, Franny, Children's Program Coordinator 416-925-4363 ext. 101, cell 416-797-5043 [fclement@cnh.on.ca](mailto:fclement@cnh.on.ca)

## **TUTORING Program:**

This program matches young students with tutors in our centre to help with homework. Volunteer tutors are carefully matched to provide an optimum learning experience. Every day except Sundays.

## **Peer Led HOCKEY Club**

Sundays from 2:30 to 4 pm



Our **WOMEN'S CLUB** provides language-specific workshops in the Bengali, Tamil, Mandarin, Somali and Swahili, as well as Amharic and Tagalog for our Beyond Borders violence prevention project. Workshops focus on community engagement, employment, parenting skills, ending violence, and navigating Canadian systems. Activities include yoga, Tai Chi, expressive arts, storytelling, line dancing and cooking. Informal counselling, support, and advocacy are also provided. *International Women's Day March and Breakfast-March 11<sup>th</sup>! The theme of this year's International Women's Day will be Islamophobia in our communities and check us out under the hashtag" #BeBoldForChange"*  
**For more information about Women's Programs please contact Safia, Women's Program Coordinator 416-925-4363 ext. 120 or [shirsi@cnh.on.ca](mailto:shirsi@cnh.on.ca)**

## **COMMUNITY DEVELOPMENT**

Our Community VOICEMAIL Project is an alternative way for people without a phone to stay connected to their contacts. **Registration:** Mondays and Wednesdays from 12:30 to 3:30 at CNH. **Coming up this Spring /Summer, join the Community Wave dragon boat team at CNH!** Practices will be once a week at Ashbridge's Bay and there will be a race on Canada Day at Centre Island. For more details and to be put on our list for a future information session, contact Edwin at the email or number below. For more information contact: Edwin, Community Development Coordinator at: 416-925-4363 ext. 103 or email [ehuang@cnh.on.ca](mailto:ehuang@cnh.on.ca)

**LINE DANCING** at Central Neighbourhood House hosted by the Toronto Wranglers!!! Mondays 7-10 pm Beginner/Improver Levels (except Stat Holidays). **NEW!** Workshop Wednesdays 7-10 pm we will be implementing the first hour of all 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)