<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><img src="image1" alt="United Way Greater Toronto" /></td>
<td><img src="image2" alt="image2" /></td>
<td><img src="image3" alt="image3" /></td>
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<tr>
<td><strong>2</strong></td>
<td><strong>Open space 2:30-4:30pm</strong> Social and Recreational Club 4:45-8:30pm</td>
<td><strong>3</strong> Yoga at St. James Town 1:00-3:00pm County Ball 3-6 pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30 pm</td>
<td><strong>4</strong> English Conversation 1-3 pm Boxing/Pancakes 3-6 pm G.E.M S Jr Plan/ March Activities First Fire Dance Program 4:00-5:30pm</td>
<td><strong>5</strong> Voicemail 12:30-3:30 pm Kahoot/Basketball 3-6 pm Line Dancing 7-9:30 pm</td>
<td><strong>6</strong> Mandarin 10:00-12:00 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</td>
<td><strong>7</strong> Meridian Arcade day 3-6 pm 6-8:30 pm B2M / Youth Social Space</td>
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<tr>
<td><strong>9</strong></td>
<td><strong>Open Space 2:30-4:30pm</strong> Social and Recreational Club 4:45-8:30pm</td>
<td><strong>10</strong> Yoga at St. James Town 1:00-3:00pm Soccer 3-6 pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30 pm</td>
<td><strong>11</strong> English Conversation 1-3 pm Boxing/Brownies 3-6 pm G.E.M S Jr Burrito Wraps and Brownies First Fire Dance Program 4:00-5:30pm</td>
<td><strong>12</strong> Voicemail 12:30-3:30 pm Handball &amp; Board game 3-6 pm Line Dancing 7-9:30 pm</td>
<td><strong>13</strong> 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</td>
<td><strong>14</strong> Happy Valentine Day! PA Day 3-6 pm 6-8:30 pm B2M / Youth Social Space</td>
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<tr>
<td><strong>16</strong></td>
<td><strong>Open Space 2:30-4:30pm</strong> Social and Recreational Club 4:45-8:30pm</td>
<td><strong>17</strong> Family day</td>
<td><strong>18</strong> English Conversation 1-3 pm Celebrating Black History Month! Boxing &amp; Cooking 3-6pm G.E.M.S Jr Recycling First Fire Dance Program 4:00-5:30pm</td>
<td><strong>19</strong> Voicemail 12:30-3:30pm Volleyball &amp; Arts 3-6 pm Line Dancing 7-9:30 pm</td>
<td><strong>20</strong> Mandarin 10:00-12:00 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</td>
<td><strong>21</strong> Movie Day 3-6pm 6-8:30 pm B2M / Youth Social Space</td>
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<tr>
<td><strong>23</strong></td>
<td><strong>Open Space 2:30-4:30pm</strong> Social and Recreational Club 4:45-8:30pm</td>
<td><strong>24</strong> Yoga at St. James Town 1:00-3:00pm Flag Football 3-6pm Voicemail 12:30-3:30 pm Line Dancing 7-9:30 pm</td>
<td><strong>25</strong> English Conversation 1-3 pm Boxing &amp; cooking 3-6 pm G.E.M.S Jr Movie Day First Fire Dance Program 4:00-5:30pm</td>
<td><strong>26</strong> Voicemail 12:30-3:30 pm Soccer &amp; Minute to Win 3-6 pm Line Dancing 7-9:30 pm</td>
<td><strong>27</strong> Tai Chi 1-3 pm Boxing &amp; Cooking 3-6pm Step Up video games &amp; Pizza Night First Fire Dance Program 4:00-5:30pm</td>
<td><strong>28</strong> Meridian Arcade day 3-6 pm 6-8:30 pm B2M / Youth Social Space</td>
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<tr>
<td><strong>29</strong></td>
<td><strong>Girls Social and Recreational Program 1:30-3:00 pm</strong> 3-6pm Transformation Basketball /Mini Workshop/cooking Recreational Club 6-8:30 pm</td>
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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 fcliment@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
Or DROP IN to register

For YOUTH programming contact Chantelle, Youth Weekend Program Coordinator, 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 awkego@councilfire.ca 416-360-4350 X228

For YOUTH programming information or to sign up for a program, please speak to Michelle Illos or Franclyn Clement
milios@tngcs.org
fcliment@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

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

EMPLOYMENT SERVICES
Employment counselling, résumé writing and interview preparation; access to exclusive hiring fairs.
Contact Long Wu 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 oortchoudhury@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

THIS MONTH!
The REPAIR CAFÉ
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

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

BLEECKER/WELLESLEY ACTIVITY NETWORK organizes “For the Love of the Seniors” event on February 14th, 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!