

Monday	Active Yoga Increase flexibility and strength. All ages welcome and mats provided. Focus your mind and wipe away stress. Space is limited! Registered. Amanda 647-456-4375 Feb 3 - Mar 30 4:00 p - 5:00 p	
Tuesday	Wearable Art Repurpose and upscale old clothes to give them a new life. Reduce, Recycle and Reuse. Mussarat 647-465-0567 Jan 14 - Feb 4 11:00a - 2:00 p	
	Sew Happy Join us to learn how to use a sewing machine or refresh your skills. Learn basic techniques to sew or alter clothing by hand. Registered. Anna 647-200-2127 Jan 8 - Mar 18 10:00a - 12:00p	
Wednesday	Prenatal Program, On-site at Flemington Learn about healthy eating, labour, birth, breastfeeding, caring for baby and yourself. Ongoing 1:00-3:00pm Better Beginnings 416-499-3377 Jan 8 - Mar 25 Ongoing: 1:00p-3:00p	Make n Mingle Free Community Led Cooking Program. Sharing recipes and healthy ways of preparing Food. Cook and enjoy a meal with others. Meet and make new friends. Mussarat 647-465-0567 Jan 15 - Feb 19 1:00p-3:00p
	Breast Feeding Support Group, Off-site at Victoria Park Hub Get and share support with other parents and a health professional. 1527 Victoria Park Ave. 2nd Level Mussarat 647-465-0567 On-Going 11:00a-1:00p	
Thursday	Outside the Box Girls Program Outside the Box is an all girls after school program for girls ages 13-17. different activities and workshops planned each week. Food and tokens included. Program is free. Registered. Neil 416-429-4991 Ext 217 Jan 9 - Jun 25 3:30pm-5:30pm	Roma Youth Kitchen A drop in kitchen program for Roma Youth! Workshops, trips and special activities also included within program! Drop In. Neil 416-429-4991 Ext 217 Jan 9 - April 23 4:00p-5:30p
	Cooking On A Budget An engaging hands on cooking program to help cook meals on a budget. An opportunity to learn tips on cooking, making friends and network too. Registered. Mussarat 647-465-0567 Jan 16 - Mar 5 11:00am-2:00pm	Art Ignite Youth Art Program An art program for youth facilitated by Art Ignite. Registered. Neil 416-429-4991 Ext 217 Jan 9 - April 30 3:30pm-6:00pm
	Gentle Fitness: Low Intensity Program (65+) Incorporates ball exercises designed to enhance and maintain functional fitness, mobility, balance and independence. For individuals with limited mobility. Registered. Amanda 647-456-4375 Jan 9 - April 30 1:00p-1:45p and 1:45p-2:30p	
Friday	Fun With Food Join us to learn about new recipes, eat, and talk about food. Childcare available upon request only. Free! Registered. Anna 647-200-2127 Jan 17, Feb 14, Mar 13 2:00 p - 4:00 p	
	Baking 101 Are you interested in learning how to bake. Learn new recipes, meet new people, make new friends and enjoy baking together. Series of 6 workshops to help learn baking at your own pace. Registered. Mussarat 647-465-0567 Jan 10 - Mar 27 2:00p-4:00p	Breastfeeding Support Group Get and share support with other parents and a health professional. East York Town Centre, Unit 108A, TNO EarlyON Child and Family Centre, 301. Drop-in. Zoe 416-421-6369 Ext 301 9:30a-11:00a

Begin Volunteering Today!

Youth and Adult Volunteer opportunities available at the health centre!

Email us today and get started!
 getinvolved@fhc-chc.com

March Break Program

A program for kids 7-12 years old to make healthy choices in food they eat. How to make healthy snacks at home, learning tips to make quick, easy and healthy recipes. Also having some fun activities during the sessions.

Mussarat 647-465-0567
 Mar 16-Mar 20
 11:00 a - 2:00 p

Resource Access Centre

Every Mon, Tues, Wed 9:30am-4:00pm
 Access to computers, Internet, faxing, scanning, photocopy, and job search resources. **Drop-in.**

Computer Classes for Women

6 Part workshop Series!
 Jan 23 - Feb 27
 10:00 - 11:30.
 Shikha: 416-424-2900 ext. 36

DID YOU KNOW?

The Gateway Bike Hub

Come by to do your own bike repairs! Don't know how to fix your bike? No problem - our staff and volunteers will teach you how. Plus, we have all the parts, tools and consumables you'll need to do most repairs. **FREE!**
Every Tuesday from 5:00 pm to 7:00 pm
10 Gateway Blvd. Suite 100

Abrah 416-551-2011

Monday

Prenatal Program

Learn about healthy eating, labour, birth, breastfeeding, caring for yourself and baby.

Register: Call Better Beginnings: 416-499-3377 Jan 6 - Mar 30 5:30p-7:00p

Pole Walking

Join a hands-on free pole walking session. Beginner/Intermediate Level – good for strengthening, balance and stretching. Poles provided. Parkway Forest Community Centre. Free! **Registered.**

Anna-647-200-2127 Jan 14 - Mar 17 10:30-11:30a

Men's Yoga

Weekly yoga session for men or couples. Open to parents as well. Join to improve flexibility and reduce stress. Child care available upon request (for children from 6 months to 6 years old). Free! **Registered**

Anna -647-200-2127 Feb 11-Mar 17 2:00p-3:00p

Tutor me Please!

For children in grade 1 to 8 looking for tutoring. Volunteer opportunities available for high school students interested in being tutors (grades 9-12). Volunteer hours will be given, free snack and activities!

Neil 416-803-2813 Jan 14 - Mar 3 4:00-5:30pm

Tuesday

Forever Young Program 55+

Chat, learn and socialize. Bi-weekly activities and workshops. See program schedule for a list of workshops. Some activities are registered.

Amanda 647-456-4375 Jan 8-Mar 25 1:00p-2:30p

Cooking a Meal on a Budget

Come and join us and learn how to make a healthy meal on a budget. Yes it is possible! **Registered.**

Mussarat 647-465-0567 Jan 31 10:00a - 1:00 p

Wednesday

Gentle Fitness (Low Intensity Program 65+)

For individuals who have limited mobility and can stand with/without the assistance of a device/chair. This program is for participants who cannot do a regular aerobic fitness program.

Amanda 647-456-4375 Jan 8-Mar 25 3:15pm-4:00pm & 4:15pm-5:00pm

Friday

Breastfeeding Support Group

Offsite: Parkway Forest Satellite Early on Child and Family Centre, 121 Parkway Forest Drive

Mussarat 647-465-0567 11:00a-1:00p

Social Chinese Knitting Group

Relax and learn how to knit: scarves, hats, booties and more! Open to all ages!

Amanda 647-456-4375 Jan 17-Mar 20 12:30pm-3:00pm

MEN'S ADVISORY GROUP

Join us to improve and create programs and services relevant to men while getting the support you need to build a healthier sense of yourself.

Last Thursday of every month!
6:00-8:00p

ORIOLE FOOD SPACE

Food Bank Hours:
Info: Daffodil 647-772-3664.
Drop-in: Tuesdays from 5:30-7:30pm

By Appointment:
Wed 1-4pm, Thurs 10:30am-1:30pm
Programs/workshops:
Diana 647-861-1552 or
Mussarat 416-429-4991, ext. 256

Offsite: Oriole Community Centre,
2975 Don Mills Road West

Hearty Soup Workshop

Join us for a session on making a hearty delicious soup. Opportunity to learn new recipe and also to socialize with other residents. (At the OFS Location)

Tuesday Jan 14th Register w/Teresina
(10:00 a - 1:00 p) 647-861-1552

Baking with Kids!

Learn how to bake in an exciting and fun session. Meet and make new friends too! (At the OFS Location)

Wed Jan 22 Register w/Teresina
5:00 p - 8:00 p 647-861-1552

MARCH BREAK CAMP

Half day camp for children ages 6-12 years old. Camp is facilitated by an art facilitator. Snacks included.

Neil 416.429.4991 Ext 217
 Mar 16 to Mar 20
 10:00 am to 12:00 pm