

APRIL



Monday

Tuesday

Wednesday

Thursday

Friday

<p>☀️ 9-10 Breakfast 📺 9:30-11:30 Window Gardening ☀️ 10-11:30 Bingo ☀️ 12-1 Lunch ☀️ 12-1 Harm Reduction Table ☀️ 1:30-3:30 Sewing Group</p>	<p>☀️ 10-11:30 Practice English ☀️ 10-11:30 Ping Pong ☀️ 12-1 Lunch ☀️ 12:30-1:30 Movement with Marjan ☀️ 1:30-3 Visual Art ☀️ CHIRS Community Kitchen (Closed)</p>	<p>No Meal Service ☀️ 1-3 Knitting Club</p>	<p>☀️ 9:30-11 Learn an Instrument ☀️ 12-1 Lunch ☀️ 12:30-1:30 Karaoke ☀️ 1-2 Games Day ♥️ 1-3 Community Action Now Meeting</p>	<p>☀️ 9-10 Breakfast ☀️ 12-1 Lunch ☀️ 12:30-1:30 Community Worship ♥️ 1-2 AA Meeting ☀️ 2-3 Intro to Meditation</p>
<p>☀️ 9-10 Breakfast 📺 9:30-11:30 Window Gardening ☀️ 10-11:30 Bingo ☀️ 12-1 Lunch ☀️ 1:30-3:30 Sewing Group</p>	<p>☀️ 10-11:30 Practice English ☀️ 12-1 Lunch ☀️ 12:30-1:30 Movement with Marjan ☀️ 1:30-3 Visual Art</p>	<p>No Meal Service ☀️ 1-3 Knitting Club 📺 12-3pm Healthy Meals (Sign-in)</p>	<p>☀️ 9:30-11 Learn an Instrument ☀️ 12-1 Lunch ☀️ 1-2 Games Day ♥️ 1:30-3:30 Interactive Know Your Rights Workshop</p>	<p>☀️ 9-10 Breakfast ☀️ 12-1 Lunch ☀️ 12:30-1:30 Community Worship ♥️ 1-2 AA Meeting ☀️ 2-3 Intro to Meditation 📺 3:30-5:30 Bengali and Tamil Kitchen</p>
<p>☀️ 9-10 Breakfast 📺 9:30-11:30 Window Gardening ☀️ 10-11:30 Bingo ☀️ 12-1 Lunch ☀️ 12-1 Harm Reduction Table ☀️ 1:30-3:30 Sewing Group</p>	<p>☀️ 9:30-12 Haircutting ☀️ 10-11:30 Practice English ☀️ 10-11:30 Ping Pong ☀️ 12-1 Lunch ☀️ 1:30-3 Visual Art</p>	<p>No Meal Service ☀️ 12-3 Bengali and Tamil New Year Celebration ♥️ 1-3 Knitting Club Δ 4-7 Harm Reduction Community Kitchen (Offsite)</p>	<p>☀️ 9:30-11 Learn an Instrument ☀️ 11-12 Movement with Marjan ☀️ 12-1 Lunch ☀️ 12:30-1:30 Community Worship ☀️ 1-2 Games Day ♥️ 1-3 Community Action Now Meeting</p>	<p>Good Friday CRC Closed</p>
<p>CRC Closed</p>	<p>☀️ 10-11:30 Practice English ☀️ 12-1 Lunch ☀️ 1:30-3 Visual Art</p>	<p>No Meal Service ☀️ 1-3 Knitting Club 📺 12-3pm Healthy Meals (Sign-in) ☀️ 6:30-8 Volunteer Appreciation Event</p>	<p>☀️ 9:30-11 Learn an Instrument ☀️ 12-1 Lunch ☀️ 12:30-1:15 'Forty Oaks Live Music ☀️ 1-2 Games Day ♥️ 1-3 Community Action Now Meeting</p>	<p>☀️ 9-10 Breakfast ☀️ 12-1 Lunch ☀️ 12:30-1:30 Community Worship ♥️ 1-2 AA Meeting ☀️ 2-3 Intro to Meditation</p>
<p>☀️ 9-10 Breakfast 📺 9:30-11:30 Window Gardening ☀️ 10-11:30 Bingo ☀️ 12-1 Lunch ☀️ 1:30-3:30 Sewing Group</p>	<p>☀️ 10-11:30 Practice English ☀️ 12-1 Lunch ☀️ 12:30-1:30 Karaoke ☀️ 1:30-3 Visual Art</p>	<p>Notes: Legumes Legend ☀️ Rogers Room ☀️ Tamil New Year ☀️ Worship Room 📺 Kitchen 📺 Bengali New Year 📺 2nd Floor Amenity Δ Regent Park Community Health Centre ∞ Park (Regent Park) ♥️ Program Room</p>		

WHAT ARE THESE PROGRAMS?

WEEKLY EVENTS

<p>Practice English (Women Only)</p> <p>Interested in improving your English? This program helps to better your English speaking skills through conversing</p>	<p>Visual Arts</p> <p>Are you artistic and would like to express them? Visual Arts Program creates a space for Drop-In Participants to work on their pieces</p>	<p>Knitting Club</p> <p>Come to knit scarves, hats, gloves, sweaters, socks, slippers, headbands and more!</p>
<p>Bingo</p> <p>Join the weekly bingo games. Get to know each other, win some prizes and have fun!</p>	<p>Learn an Instrument</p> <p>Pick up a guitar and there will be a teacher to guide you every step of the way</p>	<p>Movement with Marjan</p> <p>Come for some easy physical activities with our very own student placement!</p>
<p>Healthy Meals</p> <p>Sponsored by Toronto Public Health, come and learn to make healthy and nutritious meals with Emma! Sign up: ashrafia@tcrc.ca</p>	<p>Community Worship</p> <p>Come together to worship God as a community to start off your weekend! Worshiping God is a great way in knowing Him better</p>	<p>Intro to Meditation</p> <p>Learn to meditate. Be aware of yourself, environment and situations.</p>

MONTHLY EVENTS

CoffeeHouse (Coming soon in May!)

Do you enjoy listening to music? Then come to CoffeeHouse after lunch and listen to amazing local artists perform their music. As well, make gratitude cards to give others in this cold season! Snacks and drinks will be provided

SPECIAL EVENTS

Tamil and Bengali New Year Celebration (April 17th, 1-3pm)

Come join us to celebrate Tamil and Bengali New Year in the Rogers room. There will be traditional foods, Henna, Seed Library, and so much more! Don't miss the fun!

Pop Up Pizza at the Park

Come to enjoy some homemade pizza in the park made in a bake oven for only \$5! There will be music and fun activities. All are welcome! This event is weather dependent! Check out Taste of Regent Park Facebook page to keep updated!

Tamil and Bengali Kitchen Workshop (April 12th, 3:30-5:30)

Come sign up and learn to make Tamil and Bengali meals lead by Ashrafi! This will be a great way to learn more about the culture and food in preparation for the new years!