



YMCA of  
Greater Halifax/Dartmouth  
Centre for Immigrant Programs

Active Living

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Talking Circle</b> Beginner + level</p> <p>10:00am-12pm</p>	<p><b>Older Adults</b> 10am-12</p> <hr/> <p><b>Talking Circle</b> (adults) Basic level 3:30-5:00pm</p> <hr/> <p><b>Employment Services</b>  3:30-5:30pm</p> <hr/> <p><b>Get Fit For Women</b> with Programming for Children  6-7pm</p> <hr/> <p><b>Group Swim @ Canada Games Centre</b> Meet at Canada Games Centre at 7:45pm</p>	<p><b>Mind and Body</b> (Older Adults) at Mosaic Church  10am-12pm</p> <hr/> <p><b>Talking Circle</b> (adults) Intermediate Level  4-6pm</p>	<p><b>Urban Pole Walking</b> (adults) at Canada Games Centre  10-11am</p> <hr/> <p><b>Talking Circle</b> (adults) Intermediate Level  3:30-5pm</p> <hr/> <p><b>Get Fit For Women</b> with Programming for Children  6-7pm</p>	<p><b>Sewing Social</b> (adults)  12-2:00pm</p>	<p><b>Family Fun Day</b> Call YMCA front desk for details</p>	<p><b>Soccer for Men</b> Meet at St Andrew's Recreation Centre  6-8pm</p>

Ask for information about  
**SEPCIAL EVENTS**  
at the front desk



## Class Descriptions

**Talking Circles**—English learning conversation groups offered several times per week at different levels. Connect with other Newcomers and Canadians and practice your English speaking skills. Information and training sessions offered regularly. Enjoy occasional social outings.

**Urban Pole Walking**—Enjoy walking on the track at Canada Games Centre. An easy, accessible activity using poles so participants enjoy the full benefits of this walking exercise. Meet at Canada Games Centre.

**Fitness for Women**—An exercise class for women that focusses on cardio, strength training, flexibility and overall fitness. A fun, full body workout with Julie. Bring your kids (ages 2 and up) and they will enjoy fun and games with Elena while moms enjoy exercising with Julie.

**Older Adults**—Participants ages 55 and up meet and connect with other Newcomers and Canadians in a variety of activities; from cooking to volunteering at the community garden, information sessions, workshops, gentle exercise, arts and crafts, English learning and lots more.

**Group Swim at Canada Games Centre**—Participants must preregister for this activity. If you want to join in please talk to front desk staff at YMCA Centre for Immigrant Programs or contact Julie 902-457-6875.  
julie.laginnasse@halifax.ymca.ca

**Mind and Body**—Gentle exercise and mindful activities designed for participants 55 years and older. Connect with other newcomers, enjoy some quality time together while you exercise your body, mind and spirit. Transportation could be arranged for participants who cannot get to this activity without assistance.

**Sewing Social**—Sewing machines and materials are available for participants to create simple or complicated sewing projects. Men and women are welcome. Connect with other Newcomers and Canadians. Practice your English speaking skills. Volunteers available for those who need assistance with their projects.

**Soccer for Men**—Recreational, non competitive soccer games take place weekly at St Andrew's Recreation Centre.

**Family Fun Day**— Outings and fun activities for families (parents and elementary school children).

**Employment Services for Newcomers** - With assistance from YMCA Employment Specialists we will help you negotiate the path to finding meaningful employment. Overcome barriers, build resumes, prepare for interviews, learn about the Canadian job market, make connections and many other services available.

These activities are available free to Permanent Resident newcomers. Please register at YMCA Centre for Immigrant Programs.