



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mornings</b> 9 am to 12 pm	<b>TALKING CIRCLE</b> 10:00 -12:00 Beginner Level	<b>OLDER ADULT PROGRAM</b> 10:00-12:00	<b>MIND AND BODY</b> 10:00-12:00 Glen Garden	<b>URBAN POLE WALKING</b> 10:00 - 11:00 Glen Garden		<b>MULTICULTURAL FESTIVAL</b>  11:00 meet at YMCA	
<b>Lunch</b> 12 to 1 pm		<b>SPORTS AT THE COMMONS</b> 1:00 meet at YMCA	<b>SOCCER</b> 1:00 BMO		<b>SEWING CLASS</b> 12:00-3:00		
					<b>Y GUYS BBQ</b> 1:00 meet at YMCA		
<b>Afternoon</b> 1 to 4 pm		<b>TALKING CIRCLE</b> 3:30-5:00 <b>Class I:</b> Level 1 <b>Class II:</b> Level 2		<b>TALKING CIRCLE</b> 3:30-5:00 Level High Intermediate			
<b>Early evening</b> 4 to 6 pm		<b>GET FIT FOR WOMEN</b> 6:00-7:00 <i>WITH CONGRUENT PROGRAMMING FOR CHILDREN 5 - 12 y.o.</i>	<b>TALKING CIRCLE</b> 4:00-6:00 <b>Class I:</b> Level 0 <b>Class II:</b> Level Intermediate				
<b>Late evening</b> 6pm onward				<b>FAMILY FUN</b> 6:00-8:00 Keshen Goodman Library			<b>MEN'S SOCCER</b> 6:00-8:00 Fairview Junior High Sports Field

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

104—7071 Bayers Road

call: 902-457-9622

email: [ysis@halifax.ymca.ca](mailto:ysis@halifax.ymca.ca)

[www.ymcahfx.ca/schedules/](http://www.ymcahfx.ca/schedules/)

[YMCA Centre for Immigrant Programs](#)

[YMCA Active Living Program](#)

[Youth Outreach](#)