



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	<p>CENTRE CLOSED</p> <p>HAPPY Thanksgiving</p>	OLDER ADULT PROGRAM 10:00-12:00	MIND AND BODY 10:00-12:00 At Mosaic Church	URBAN POLE WALKING 10:00 - 11:00 Glen Garden		SATURDAY STUDY SKILLS 10:00-12:00	VICTORIA PARK & ZOO TRIP 10:00
Lunch 12 to 1 pm					SEWING CLASS 12:00-3:00		
Afternoon 1 to 4 pm		HOMEWORK CLUB 3:30-5:00 Keshen Goodman Library	SWIM TO SURVIVE REGISTRATION 3:00-6:00PM Canada Games Center	TALKING CIRCLE 3:30-5:00 Level High Intermediate			
		TALKING CIRCLE 3:30-5:00 Class I: Level 1 Class II: Level 2					
Early evening 4 to 6 pm				TALKING CIRCLE 4:00-5:30 Class I: Level 0 Class II: Level Intermediate		GIRLS & GUYS SOCCER 4:00 BMO	
Late evening 6pm onward		GET FIT FOR WOMEN 6:00-7:00 WITH CONGRUENT PROGRAMMING FOR CHILDREN 5 - 12 y.o.		FAMILY FUN 6:00-8:00 Keshen Goodman Library			MEN'S SOCCER 6:00-8:00 Fairview Junior High Sports Field

YMCA Centre for Immigrant Programs

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

www.ymcahfx.ca/schedules/

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach