


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	TALKING CIRCLE 10:00 -12:00 Level 0	OLDER ADULTS <i>Crafts</i> 10:00	MIND AND BODY 10:00-12:00 at Mosaic Church			SATURDAY STUDY SKILLS 10:00-12:00	
Lunch 12 to 1 pm					SEWING CLASS <i>Holiday Social</i> 12:00-3:00 		
Afternoon 1 to 4 pm		HOMEWORK CLUB 3:30-5:30 Keshen Goodman Library					DROP IN 1:00
Early evening 4 to 6 pm	Y CONNECTS <i>Grade 3 - 6</i> 2:45 - 4:30 Fairview Heights Elementary	TALKING CIRCLE 3:30-5:00 Class I: Literacy Class Class II: Level 1/2	TALKING CIRCLE 4:30-6:30 Literacy Class	TALKING CIRCLE 3:30-5:00 Level 4/5			TALKING CIRCLE 1:30-3:00 St. Paul's United Church (Spryfield)
Late evening 6pm		GET FIT FOR WOMEN 6:00-7:00 <i>WITH CONGRUENT PROGRAMMING FOR CHILDREN</i> 5 - 12 y.o.	TALKING CIRCLE 4:30-6:30 Level 3/4	AFTER SCHOOL MOVIE NIGHT <i>Family /children only</i> 4:00—6:00	DRUMMING 4:30		

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: yis@halifax.ymca.ca

www.ymcafx.ca/schedules/

 YMCA Centre for Immigrant Programs

 YMCA Active Living Program

 Youth Outreach