



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	CENTRE OPEN 9:-12:30		MIND AND BODY 10:00-12:00 at Mosaic Church			SATURDAY STUDY SKILLS 10:00-12:00	
Lunch 12 to 1 pm					SEWING CLASS 12:00-3:00		
Afternoon 1 to 4 pm	HAPPY★NEW★YEAR		GUYS BASKETBALL GIRLS SPA DAY 1:00				TALKING CIRCLE 1:30-3:00 St.Paul's United Church (Spryfield)
Early evening 4 to 6 pm			TALKING CIRCLE 4:30-6:30 Literacy Class	TALKING CIRCLE 4:30-6:30 Level 3/4		BMO SOCCER 4:00	
Late evening 6pm							

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: [yis@halifax.ymca.ca](mailto:yis@halifax.ymca.ca)

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

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach