



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mornings</b> 9 am to 12 pm		<b>OLDER ADULTS</b> 10:00	<b>MIND AND BODY</b> 10:00-12:00 Mosaic Church		<b>COMMUNITY GARDEN</b> 9:30		<b>HAPPY EID</b>
<b>Lunch</b> 12 to 1 pm		<b>COMMON ROOTS FOOD BANK VOLUNTEERING</b> 1:00		<b>LEARN TO CAMP</b> 12:00	<b>YOGA</b> 9:45 Centennial Arena		
<b>Afternoon</b> 1 to 4 pm	<b>TALKING CIRCLE</b> 3:00—4:30 4 Cranberry Court, Spryfield		<b>SOCCER</b> 2:00 BMO		<b>Sewing CLASS</b> 12:00-3:00		
		<b>TALKING CIRCLE</b> 3:30-5:00 LEVEL 1/2	<b>TALKING CIRCLE</b> 4:30-6:00 <b>LITERACY CLASS</b> <b>TALKING CIRCLE</b> 4:30-6:00 LEVEL 3/4		<b>Y GUYS BBQ</b> <b>Y GIRLS POT LUCK</b> 1:00		
<b>Early evening</b> 4 to 6 pm							
<b>Late evening</b> 6pm onward		<b>FAMILY SWIM</b> 7:30 Canada Games Centre \$3		<b>FAMILY SOCIAL</b> 6:00 -8:00			<b>SOCCER</b> 6:00-8:00 Junior High School 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](mailto:ysis@halifax.ymca.ca)

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach