



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm		OLDER ADULTS 10:00	MIND AND BODY 10:00-12:00 Mosaic Church		COMMUNITY GARDEN 9:30		
Lunch 12 to 1 pm				AMAZING RACE 1:00	YOGA 9:45 Centennial Arena		
Afternoon 1 to 4 pm		SPORTS 1:00	SOCCER 2:00 BMO	FAMILY SOCIAL 2:00-5:00	Y GUYS 12:30		
Early evening 4 to 6 pm		TALKING CIRCLE 3:30-5:00 Level literacy Level 1/2	TALKING CIRCLE 4:30-6:00 Literacy Class TALKING CIRCLE 4:30-6:00 Level 3/4		Sewing CLASS 12:00-3:00		
Late evening 6pm onward		FAMILY SWIM 7:30 Canada Games Centre \$3				NORTHERN LIGHTS - LANTERN FESTIVAL 4:30-9:30 Merv Sullivan Park	SOCCER 6:00-8:00 Junior High School Sports Field

Happy
Natal
Day
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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

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach