



	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		YOGA 9:45 Centennial Arena	SATURDAY STUDY SKILLS 10:00	
Lunch 12 to 1 pm	TALKING CIRCLE 12:00 - 2:00 Family SOS 4 Cranberry Court						
Afternoon 1 to 4 pm		HOMEWORK CLUB 3:30 - 5:30 Meet at Keshan Library			SEWING CLASS 12:00 - 3:00		INTERFAITH WEEK CELEBRATION 1:00 pm
Early evening 4 to 6 pm	Y CONNECTS 2:45-4:00 Fairview Heights Elementary	TALKING CIRCLE 3:30-5:00 Literacy & Level 01 Level 02 & 03 Level 04 & 05	TALKING CIRCLE 3:30-5:00 Literacy & Level 01 Level 02 & 03 Level 04 & 05		COOKING NIGHT 4:30 - 6:30		
Late evening 6pm onward		FAMILY SWIM 7:30 Canada Games Centre \$3		FAMILY SOCIAL 6:00 - 8:00			

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