








YMCA CENTRE FOR IMMIGRANT *LIVE STREAM* PROGRAMS November 16-22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	 <p><i>Happy Diwali</i> nisi ut aliquip ex ea commodo consequat. Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p>	<p>HEALTHY MIND & BODY (for Adults) 10:30am-11:30am In person</p>	<p>MOMS & TOTS 10:00am-12:00pm In person</p>	<p>WELLNESS FROM THE HEART (Seniors) 10:30am- 12:00pm</p>			
Afternoon							
	<p>PLAY & LEARN With Julie 3:30pm-4:30pm</p> 	<p>HOMEWORK CLUB 4:00 pm- 6:00pm English & Arabic</p> 	<p>OUTDOOR PLAY WITH JULIE 3:30pm-4:30pm</p> 	<p>HOMEWORK CLUB 4:00 pm- 6:00pm English & Arabic</p> 			
Evening	<p>LEARNING SOCIAL MEDIA 6:00pm-7:30pm</p> 			<p>CITIZENSHIP CLASS 6:00pm-7:30pm</p> 	<p>MOVIE NIGHT 4:30 pm-6:30pm Registration & Mask required</p>		



GBVP ACTIVITIES
Men & Girls
Join us on 

ACTIVE LIVING ACTIVITIES
Join us on Facebook live Stream, tune in to :
YMCA Active living 
OR
YMCA Centre for Immigrant Programs page.

YOUTH OUTREACH ACTIVITIES
Ages : 13 - 19
Join us on : 
- Zoom
- Instagram on **YMCA YOUTH OUTREACH** 

Need more info :
- Call 902-457-9622
- Follow us on:
 **YMCA Active Living Program**
 **YMCA Youth Outreach Program**
 **YMCA Centre for Immigrant Programs**

Building a better tomorrow together

These activities are free to Permanent Residents. For registration please call: 902-457-9622