



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	<b>TALKING CIRCLE</b> 10:00 -12:00 Beginner Level	<b>OLDER ADULT PROGRAM</b> 10:00-12:00	<b>MIND AND BODY</b> 10:00-12:00 Glen Garden	<b>URBAN POLE WALKING</b> 10:00 - 11:00 Glen Garden		<b>SATURDAY STUDY SKILLS</b> 10:00-12:00	<b>LONG LAKE</b> 11:00 meet at YMCA
Lunch 12 to 1 pm					<b>SEWING CLASS</b> 12:00-3:00		
Afternoon 1 to 4 pm		<b>HOMEWORK CLUB</b> 3:30-5:00		<b>TALKING CIRCLE</b> 3:30-5:00 Level High Intermediate			
Early evening 4 to 6 pm		<b>AFRICVILLE: BLACK AND WHITE MOVIE</b> 5:45 meet at YMCA <b>Sign up with Susan Brennan at 902-457-6874</b>	<b>TALKING CIRCLE</b> 4:00-5:30 Class I: Level 0 Class II: Level Intermediate		<b>Y GIRLS &amp; GUYS</b> 4:30		
Late evening 6pm onward		<b>FAMILY FUN</b> Fitness, art time, calligraphy and more! 6:30-8:30 Keshen Goodman Library	<b>YOUTH ACTION TEAM</b> 4:30	<b>FAMILY FUN</b> 6:00-8:00 Keshen Goodman Library			<b>MEN'S SOCCER</b> 6:00-8:00 Fairview Junior High Sports Field

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

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

[YMCA Centre for Immigrant Programs](#)

[YMCA Active Living Program](#)

[Youth Outreach](#)