



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mornings</b> 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 Mosaic Church	<b>URBAN POLE WALKING</b> 10:00 - 11:00 Glen Garden		<b>SATURDAY STUDY SKILLS</b> 10:00-12:00	
<b>Lunch</b> 12 to 1 pm					<b>SEWING CLASS</b> 12:00-3:00		<b>CRYSTAL CRESCENT HIKE</b> 12:00
<b>Afternoon</b> 1 to 4 pm		<b>HOMEWORK CLUB</b> 3:30-5:00 Keshen Goodman Library		<b>TALKING CIRCLE</b> <b>CANCELLED</b>			
		<b>TALKING CIRCLE</b> 3:30-5:00 Class I: Level 1 Class II: Level 2	<b>TALKING CIRCLE</b> 4:00-5:30 Class I: Level 0 Class II: Level Intermediate	<b>FINANCIAL LITERACY WORKSHOP</b> <i>How to start your own business</i> 3:30-6:30			
<b>Early evening</b> 4 to 6 pm			<b>YOUTH ACTION TEAM</b> 4:30		<b>DINNER &amp; MOVIE</b> 4:30		
<b>Late evening</b> 6pm onward		<b>GET FIT FOR WOMEN</b> 6:00-7:00 <b>WITH CONGRUENT PROGRAMMING FOR CHILDREN</b> 5 - 12 y.o.		<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