



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm	TALKING CIRCLE 10:00 -12:00 Beginner Level	OLDER ADULTS <i>Bowling at Bowlarama</i> meet at the YMCA at 10:00	MIND AND BODY 10:00-12:00 At Mosaic Church			SATURDAY STUDY SKILLS 10:00-12:00	
Lunch 12 to 1 pm					SEWING CLASS 12:00-3:00	Volunteer Reading Buddies Meet at the YMCA at 9:30 am	
Afternoon 1 to 4 pm		HOMEWORK CLUB 3:30-5:00 Keshen Goodman Library					TALKING CIRCLE 1:30-3:00 St.Paul's United Church (Spryfield)
	Y CONNECTS Grade 3 - 6 2:45 - 4:30 Fairview Heights Elementary	TALKING CIRCLE 3:30-5:00 Class I: Level 1 Class II: Level 2					
Early evening 4 to 6 pm			TALKING CIRCLE 4:30-6:30 Class I: Level 0 Class II: Level 1	CANADIAN CANCER SOCIETY SURVEY 5:30-8:30 <i>For mor information please contact Susan Brenan 9024576874</i>	Movie <i>Meet at the YMCA at 4:30 pm</i>		
Late evening 6pm onward		GET FIT FOR WOMEN 6:00-7:00 <i>WITH CONGRUENT PROGRAMMING FOR CHILDREN</i>					

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

www.ymcafx.ca/schedules/

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach