



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm		OLDER ADULTS 9:30	MIND AND BODY 10:00-12:00 Mosaic Church		YOGA 9:45 Centennial Arena	SATURDAY STUDY SKILLS 10:00 - 12:00	
Lunch 12 to 1 pm					SEWING CLASS 12:00-3:00		
Afternoon 1 to 4 pm	Victoria Day	HOMEWORK CLUB 3:30-5:30 Keshen Goodman Library	HOMEWORK CLUB 3:30-5:00 North End Library				Café & Bowling 1:00
		TALKING CIRCLE 3:30-5:00 Class I: Level 1 Class II: Level 2	TALKING CIRCLE 4:30-6:00 Literacy Class	TALKING CIRCLE 4:30-6:00 Level 3/4			TALKING CIRCLE 1:30-3:00 St. Paul's United Church (Spryfield)
Early evening 4 to 6 pm							
Late evening 6pm onward		FAMILY SWIM 7:30 Canada Games Centre \$3		FAMILY SOCIAL NIGHT 4:30-6:30		Social Justice Symposium 4:30-8:30	

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.ymahfx.ca/schedules/

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach