



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mornings</b> 9 am to 12 pm		<b>OLDER ADULTS</b> 10:00	<b>MIND AND BODY</b> 10:00-12:00 Mosaic Church		<b>COMMUNITY GARDEN</b> 9:30	<b>SATURDAY STUDY SKILLS</b> 10:00	
<b>Lunch</b> 12 to 1 pm					<b>YOGA</b> 9:45 Centennial Arena		
<b>Afternoon</b> 1 to 4 pm		<b>HOMEWORK CLUB</b> 3:30—5:30 Meet at Library			<b>SEWING CLASS</b> 12:00-3:00	<b>HOP SCOTCH</b> 12 pm	<b>TALKING CIRCLE</b> 1:30- 3:00 4 Cranberry Court, Spryfield
		<b>TALKING CIRCLE</b> 3:30-5:00 LEVEL 1/2	<b>TALKING CIRCLE</b> 4:30-6:00 LITERACY CLASS <b>TALKING CIRCLE</b> 4:30-6:00 LEVEL 3/4		<b>SOCCER</b> Meet at BMO 4:30		
<b>Early evening</b> 4 to 6 pm							
<b>Late evening 6pm onward</b>		<b>FAMILY SWIM</b> 7:30 Canada Games Centre \$3		<b>FAMILY SOCIAL</b> Cooking Demonstration 6:00 – 8:00			<b>SOCCER</b> 6:00-8:00 Junior High School Sports Field

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

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach