


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings 9 am to 12 pm		OLDER ADULTS 10:00	MIND AND BODY 10:00-12:00 Mosaic Church		YOGA 9:45 Centennial Arena	SATURDAY STUDY SKILLS 10:00	
Lunch 12 to 1 pm							
Afternoon 1 to 4 pm	 REMEMBRANCE DAY	HOMEWORK CLUB 3:30—5:30 Meet at Keshan Library			SEWING CLASS 12:00-3:00		Y GIRLS POTTERY
		TALKING CIRCLE 3:30-5:00 LEVEL 1/2	TALKING CIRCLE 4:30-6:00 LITERACY CLASS TALKING CIRCLE 4:30-6:00 LEVEL 3/4		COOKING NIGHT 4:30		Y GUYS BOXING 1:00
Early evening 4 to 6 pm							
Late evening 6pm onward		FAMILY SWIM 7:30 Canada Games Centre \$3		FAMILY SOCIAL 6:00 - 8:00			SWIM TO SURVIVE 7:00 - 8:00 Canada Game Centre

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

