



	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	TALKING CIRCLE 12:00 - 2:00 Family SOS 4 Cranberry Court						
Afternoon 1 to 4 pm	Y CONNECTS 2:45-4:30 Fairview Heights Elementary	HOMEWORK CLUB 3:30—5:30 Meet at Keshan Library			SEWING CLASS 12:00-3:00		
		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		DROP IN DAY 4:30		
Early evening 4 to 6 pm							
Late evening 6pm onward		FAMILY SWIM 7:30 Canada Games Centre \$3		FAMILY SOCIAL 6:00 - 8:00			

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

YMCA Centre for Immigrant Programs

YMCA Active Living Program

Youth Outreach