



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mornings</b> 9 am to 12 pm	<b>The Centre is closed on Monday</b>	<b>OLDER ADULTS</b> 10:00	<b>MIND AND BODY</b> 10:00-12:00 Mosaic Church		<b>YOGA</b> 9:45 Centennial Arena		
<b>Lunch</b> 12 to 1 pm	<b>Nova Scotia Heritage Day</b>						
<b>Afternoon</b> 1 to 4 pm	<b>2020 Honouree:</b> <b>The community of Africville</b>	<b>HOMEWORK CLUB</b> 3:30 - 5:30 Meet at Keshan Library			<b>SEWING CLASS</b> 12:00 - 3:00		
<b>Early evening</b> 4 to 6 pm		<b>TALKING CIRCLE</b> 3:30-5:00 Literacy & Level 01 Level 02 & 03 Level 04 & 05	<b>TALKING CIRCLE</b> 3:30-5:00 Literacy & Level 01 Level 02 & 03 Level 04 & 05		<b>AFRICAN HERITAGE MONTH 2020</b>		
<b>Late evening</b> 6pm onward		<b>FAMILY SWIM</b> 7:30 Canada Games Centre \$3		<b>FAMILY SOCIAL</b> 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](mailto:yis@halifax.ymca.ca)

**YMCA Centre for Immigrant Programs**  
**YMCA Active Living Program**  
**Youth Outreach**