

# ON-SITE PROGRAMS

SEP 2019 - JUN 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Out of School Care</b> 7:30am to 9:00am / 3:00pm to 6:00pm</p> <p><b>LINC 3 / 4</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am / 12:15pm to 2:30pm</p> <p><b>Cantonese Seniors Wellness Group</b> 9:30am to 11:30am</p> <p><b>Seniors Blood Pressure Clinic</b> First and Third Monday 10:30am to 12:30pm</p> <p><b>South Asian Senior Women's Wellness Group</b> 12:00pm to 2:45pm</p> <p><b>LINC 4</b> 1:00pm to 4:00pm</p> <p><b>Homework Club</b> 3:30pm to 5:30pm</p> <p><b>Neighbourhood Youth Initiative</b> 4:00pm to 6:00pm</p>	<p><b>Out of School Care</b> 7:30am to 9:00am / 3:00pm to 6:00pm</p> <p><b>LINC 3 / 4</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am</p> <p><b>SV Community Food Hub</b> 10:00am to 12:00pm</p> <p><b>Seniors Exercise - Tai Chi</b> 12:30pm to 1:00pm</p> <p><b>Caregivers Support Group</b> Third Tuesday at 12:30pm to 2:30pm</p> <p><b>Beginners ESL for Chinese Seniors (Cantonese)</b> 1:00pm to 2:30pm</p> <p><b>Intercultural Craft Circle</b> 1:00pm to 2:30pm</p> <p><b>LINC 4</b> 1:00pm to 4:00pm</p> <p><b>Seniors Information and Referral</b> 1:30pm to 3:30pm</p> <p><b>Seniors Sing-along</b> 2:45pm to 4:00pm</p> <p><b>Homework Club</b> 3:30pm to 5:00pm</p> <p><b>BioCYCLE</b> 4:00pm to 6:00pm</p> <p><b>Community Dinner</b> Last Tuesday of the month 5:00pm to 7:00pm</p> <p><b>Counseling</b> 5:15pm to 9:00pm</p>	<p><b>Out of School Care</b> 7:30am to 9:00am / 3:00pm to 6:00pm</p> <p><b>LINC 3 / 4</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am / 12:15pm to 2:30pm</p> <p><b>ESL for Chinese Seniors (Mandarin)</b> 9:30am to 11:00am</p> <p><b>Basic Computer Class</b> 9:30am to 11:30am</p> <p><b>Seniors Indoor Exercise</b> 11:00am to 12:00pm</p> <p><b>ESL Conversation Group</b> 1:00pm to 3:00pm</p> <p><b>Labour Market Program</b> Second, Third, and Fourth Wednesday 1:00pm to 3:00pm</p> <p><b>LINC 4</b> 1:00pm to 4:00pm</p> <p><b>Seniors Shindig</b> 2:00pm to 4:00pm</p> <p><b>Homework Club</b> 3:30pm to 5:00pm</p> <p><b>Basic Computer Class</b> 4:00pm to 6:00pm</p> <p><b>Youth Cooking Group</b> First and Third Wednesday 4:00pm to 6:00pm</p>	<p><b>Out of School Care</b> 7:30am to 9:00am / 3:00pm to 6:00pm</p> <p><b>LINC 3 / 4</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am</p> <p><b>Intercultural Wellness Group</b> 10:00am to 12:00pm</p> <p><b>Seniors Blood Pressure Clinic</b> First and Third Thursday 10:30am to 12:00pm</p> <p><b>Community Lunch</b> 12:00pm to 1:00pm</p> <p><b>LINC 4</b> 1:00pm to 4:00pm</p> <p><b>Intermediate ESL for Chinese Seniors (Cantonese)</b> 1:30pm to 3:00pm</p> <p><b>LEOs</b> 3:30pm to 5:30pm</p> <p><b>Homework Club</b> 3:30pm to 5:00pm</p>	<p><b>Out of School Care</b> 7:30am to 9:00am / 3:00pm to 6:00pm</p> <p><b>Tai Chi</b> 9:00am to 10:30am</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am / 12:15pm to 2:30pm</p> <p><b>Basic Computer Class</b> 9:30am to 11:30am</p> <p><b>Bingo and Bag Lunch</b> 12:00pm to 2:30pm</p> <p><b>Multicultural Women's Peer Mentoring Group</b> 1:00pm to 5:00pm</p> <p><b>Opening Worlds to Literacy</b> First, third Friday of month 3:30pm to 5:30pm</p> <p><b>Newcomer Youth Cooking</b> 3:30pm to 6:00pm</p> <p><b>Basic Computer Class</b> 5:00pm to 7:00pm</p> <p><b>Friday Nights</b> 5:30pm to 7:30pm</p> <p><b>Chinese Parent Support Circle</b> Second and Fourth Friday 6:30pm to 8:30pm</p> <p><b>Counseling</b> 5:15pm to 9:00pm</p>	<p><b>Counseling</b> 9:00am to 2:00pm</p> <p><b>Family Drop-in</b> 10:00am to 12:30pm</p> <p><b>Single Moms Support Group</b> 10:30am to 12:30pm</p>

**HIGHLIGHTS THIS MONTH**

**Chinese-English Mother Goose Program**  
Saturdays at 10:30am to 11:30am  
September 14 - November 2  
(No class on Sep 28)

**A Call to Action Youth Forum**  
Monday, September 30  
3:30pm to 5:30pm

- Children
- Pre-teen and Youth
- Older Adults and Seniors
- Family
- Community

**Questions? We're happy to help.**  
Visit us in person or contact us at  
**604-324-6212** or  
[svnh@southvan.org](mailto:svnh@southvan.org)

[w.southvan.org](http://w.southvan.org)  
[f/southvanNH](https://www.facebook.com/southvanNH)  
[@southvanNH](https://twitter.com/southvanNH)


