

# ON-SITE PROGRAMS

SEP - DEC 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Out of School Care</b> 7:15am to 9:00am 3:00pm to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:30am to 11:30am 12:15pm to 2:45pm</p> <p><b>Cantonese Seniors Wellness Group</b> 9:30am to 11:30am</p> <p><b>Counselling</b> 9:00am to 5:00pm</p> <p><b>Seniors Blood Pressure Clinic</b> First, third Monday of month 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>Neighbourhood Youth Initiative</b> 4:00pm to 6:00pm</p>	<p><b>Out of School Care</b> 7:15am to 9:00am 3:00pm to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:30am to 11:45am 12:30pm to 2:45pm</p> <p><b>Food Fit</b> 9:15am to 12:15pm</p> <p><b>Beginners ESL for Seniors</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 Sing-along</b> 2:45pm to 4:00pm</p> <p><b>BioCYCLE</b> 4:00pm to 6:00pm</p>	<p><b>Out of School Care</b> 7:15am to 9:00am 3:00pm to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:30am to 11:30am 12:15pm to 2:45pm</p> <p><b>Chinese Group for Older Adults</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>Drop-in ESL Conversation Group</b> 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 / Dream Green</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> 4:00pm to 6:00pm</p>	<p><b>Out of School Care</b> 7:15am to 9:00am 3:00pm to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm</p> <p><b>Counselling</b> 9:00am to 5:00pm</p> <p><b>Poppins Preschool</b> 9:30am to 11:45am 12:30pm to 2:45pm</p> <p><b>Intercultural Wellness Group</b> 10:00am to 12:00pm</p> <p><b>Seniors Blood Pressure Clinic</b> First, third Thursday of month 10:30am to 12:30pm</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>Seniors Info and Referral</b> 1:00pm to 4:00pm</p> <p><b>Intermediate ESL for Seniors</b> 1:30pm to 3:00pm</p> <p><b>LEOs</b> Second, fourth Thursday of month 3:30pm to 5:30pm</p> <p><b>Homework Club</b> 3:30pm to 5:00pm</p> <p><b>Aboriginal Family Gathering</b> 6:00pm to 8:00pm</p>	<p><b>Out of School Care</b> 7:15am to 9:00am 3:00pm to 6:00pm</p> <p><b>Tai Chi</b> 9:00am to 10:30am</p> <p><b>Seniors Info and Referral</b> Morning only, by appointment</p> <p><b>Poppins Preschool</b> 9:30am to 11:30am 12:15pm to 2:45pm</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 3:00pm</p> <p><b>Youth Cooking Group</b> 3:30pm to 6:00pm</p> <p><b>Opening Worlds to Literacy</b> First, third Friday of month 4:00pm to 6:00pm</p> <p><b>Basic Computer Class</b> 5:00pm to 7:00pm</p> <p><b>Friday Nights</b> 6:00pm to 8:00pm</p> <p><b>Chinese Parent Support Circle</b> Second and Fourth Friday of month 6:30pm to 8:30pm</p>	<p><b>Family Drop-in</b> 9:00am to 1:00pm</p> <p><b>Labour Market Training</b> 9:30am to 2:30pm</p> <p><b>Single Moms Support Group</b> 10:30am to 12:30pm</p> <p><b>Tasting Kitchen</b> Fourth Saturday of month 12:30pm to 3:30pm</p>

**HIGHLIGHTS THIS MONTH**

**Winter Festival**  
Saturday, December 2  
11:00 am to 2:00pm

- 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)

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