

ON-SITE PROGRAMS

SEP - DEC 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Out of School Care 7:15am to 9:00am 3:00pm to 6:00pm</p> <p>LINC 3 9:00am to 12:00pm</p> <p>Poppins Preschool 9:30am to 11:30am 12:15pm to 2:45pm</p> <p>Cantonese Seniors Wellness Group 9:30am to 11:30am</p> <p>Counselling 9:00am to 5:00pm</p> <p>Seniors Blood Pressure Clinic First, third Monday of month 10:30am to 12:30pm</p> <p>South Asian Senior Women's Wellness Group 12:00pm to 2:45pm</p> <p>LINC 4 1:00pm to 4:00pm</p> <p>Neighbourhood Youth Initiative 4:00pm to 6:00pm</p>	<p>Out of School Care 7:15am to 9:00am 3:00pm to 6:00pm</p> <p>LINC 3 9:00am to 12:00pm</p> <p>Poppins Preschool 9:30am to 11:45am 12:30pm to 2:45pm</p> <p>Food Fit 9:15am to 12:15pm</p> <p>Beginners ESL for Seniors 1:00pm to 2:30pm</p> <p>Intercultural Craft Circle 1:00pm to 2:30pm</p> <p>LINC 4 1:00pm to 4:00pm</p> <p>Seniors Sing-along 2:45pm to 4:00pm</p> <p>BioCYCLE 4:00pm to 6:00pm</p>	<p>Out of School Care 7:15am to 9:00am 3:00pm to 6:00pm</p> <p>LINC 3 9:00am to 12:00pm</p> <p>Poppins Preschool 9:30am to 11:30am 12:15pm to 2:45pm</p> <p>Chinese Group for Older Adults 9:30am to 11:00am</p> <p>Basic Computer Class 9:30am to 11:30am</p> <p>Seniors Indoor Exercise 11:00am to 12:00pm</p> <p>Drop-in ESL Conversation Group 1:00pm to 3:00pm</p> <p>LINC 4 1:00pm to 4:00pm</p> <p>Seniors Shindig 2:00pm to 4:00pm</p> <p>Homework Club / Dream Green 3:30pm to 5:00pm</p> <p>Basic Computer Class 4:00pm to 6:00pm</p> <p>Youth Cooking Group 4:00pm to 6:00pm</p>	<p>Out of School Care 7:15am to 9:00am 3:00pm to 6:00pm</p> <p>LINC 3 9:00am to 12:00pm</p> <p>Counselling 9:00am to 5:00pm</p> <p>Poppins Preschool 9:30am to 11:45am 12:30pm to 2:45pm</p> <p>Intercultural Wellness Group 10:00am to 12:00pm</p> <p>Seniors Blood Pressure Clinic First, third Thursday of month 10:30am to 12:30pm</p> <p>Community Lunch 12:00pm to 1:00pm</p> <p>LINC 4 1:00pm to 4:00pm</p> <p>Seniors Info and Referral 1:00pm to 4:00pm</p> <p>Intermediate ESL for Seniors 1:30pm to 3:00pm</p> <p>LEOs Second, fourth Thursday of month 3:30pm to 5:30pm</p> <p>Homework Club 3:30pm to 5:00pm</p> <p>Aboriginal Family Gathering 6:00pm to 8:00pm</p>	<p>Out of School Care 7:15am to 9:00am 3:00pm to 6:00pm</p> <p>Tai Chi 9:00am to 10:30am</p> <p>Seniors Info and Referral Morning only, by appointment</p> <p>Poppins Preschool 9:30am to 11:30am 12:15pm to 2:45pm</p> <p>Basic Computer Class 9:30am to 11:30am</p> <p>Bingo and Bag Lunch 12:00pm to 2:30pm</p> <p>Multicultural Women's Peer Mentoring Group 1:00pm to 3:00pm</p> <p>Youth Cooking Group 3:30pm to 6:00pm</p> <p>Opening Worlds to Literacy First, third Friday of month 4:00pm to 6:00pm</p> <p>Basic Computer Class 5:00pm to 7:00pm</p> <p>Friday Nights 6:00pm to 8:00pm</p> <p>Chinese Parent Support Circle Second and Fourth Friday of month 6:30pm to 8:30pm</p>	<p>Family Drop-in 9:00am to 1:00pm</p> <p>Labour Market Training 9:30am to 2:30pm</p> <p>Single Moms Support Group 10:30am to 12:30pm</p> <p>Tasting Kitchen Fourth Saturday of month 12:30pm to 3:30pm</p>
					<p>HIGHLIGHTS THIS MONTH</p> <p>Winter Festival Saturday, December 2 11:00 am to 2:00pm</p> <p>Community Dinner Wednesday, December 20 5:30pm to 7:00pm</p>

- 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
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