

# ON-SITE PROGRAMS

SEP- DEC 2018

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</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>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</b> 9:00am to 12:00pm</p> <p><b>South Vancouver Community Food Hub</b> 10:00am to 12:00pm</p> <p><b>Poppins Preschool</b> 9:15am to 11:30am</p> <p><b>Seniors Exercise - Tai Chi</b> 12:30pm to 1:00pm</p> <p><b>Beginners ESL for Chinese 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> 7:30am 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> 9:15am to 11:30am 12:15pm to 2:30pm</p> <p><b>ESL for Chinese 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>Counselling</b> 10:00am to 3:00pm</p> <p><b>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</b> 3:30pm to 5:00pm (Oct-Nov)</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</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>Counselling</b> 3:00pm to 8:00pm</p> <p><b>Intermediate ESL for Chinese Seniors</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 (Oct-Nov)</p> <p><b>Aboriginal Family Gathering</b> 6:00pm to 8:00pm October Start</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 3:00pm</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 6:30pm to 8:30pm</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>
<p><b>Questions? We're happy to help.</b> Visit us in person or contact us at 604-324-6212 or svnh@southvan.org</p>					<p><b>HIGHLIGHTS THIS MONTH</b></p> <p><b>Youth Volunteer Recruitment</b> Monday, September 17 3:00pm to 5:30pm</p> <p><b>Canadian Citizenship Prep Workshop</b> Monday, September 24 12:30pm to 2:30pm</p>
<p><b>Children</b> <b>Pre-teen and Youth</b> <b>Older Adults and Seniors</b> <b>Family</b> <b>Community</b></p>					<p><b>Good Food Organizer</b> 2016-2017</p> <p><b>United Way Lower Mainland Community Partner</b></p> <p><b>MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</b></p>

