

# ON-SITE PROGRAMS

JUL - AUG 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>OSC Summer Camp</b> 7:30am to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm (No classes in August)</p> <p><b>Cantonese Seniors Wellness Group</b> 9:30am to 11:30am</p> <p><b>Counselling</b> 10:00am to 6:00pm</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 2:30pm</p> <p><b>LINC 4</b> 1:00pm to 4:00pm (No classes in August)</p> <p><b>Neighbourhood Youth Initiative</b> 1:00pm to 3:00pm</p> <p><b>Pre-teen Youth Leadership</b> 1:00pm to 3:00pm</p>	<p><b>OSC Summer Camp</b> 7:30am to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm (No classes in August)</p> <p><b>Food Hub</b> 10:00am to 12:00pm (Except Jul 23 and Aug 20)</p> <p><b>Preschool Summer Camp</b> 10:30am to 12:30pm</p> <p><b>Move, Groove &amp; Improve</b> 12:30pm to 1:00pm</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 (No classes in August)</p> <p><b>Family and Friends Caregiver Support Group</b> 12:00pm to 2:30pm (3rd Tuesday)</p> <p><b>Seniors Information &amp; Referral</b> 1:30pm to 3:30pm</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>OSC Summer Camp</b> 7:30am to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm (No classes in August)</p> <p><b>Counselling</b> 9:00am to 6:00pm</p> <p><b>English Class for Mandarin Seniors</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>Pre-teen Group</b> 11:30am to 1:30pm</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 (No classes in August)</p> <p><b>Seniors Shindig</b> 2:00pm to 4:00pm</p> <p><b>Pre-teen Group</b> 3:00pm to 5:00pm</p> <p><b>Youth Cooking Group</b> 4:00pm to 6:00pm (1st and 3rd Wednesday)</p>	<p><b>OSC Summer Camp</b> 7:30am to 6:00pm</p> <p><b>LINC 3</b> 9:00am to 12:00pm (No classes in August)</p> <p><b>Counselling</b> 9:00am to 6:00pm</p> <p><b>Intercultural Wellness Group</b> 10:00am to 12:00pm</p> <p><b>Seniors Blood Pressure Clinic</b> 10:30am to 12:00pm (1st and 3rd Thursday)</p> <p><b>Preschool Summer Camp</b> 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 (No classes in August)</p> <p><b>Intermediate ESL for Seniors</b> 1:30pm to 3:00pm</p>	<p><b>OSC Summer Camp</b> 7:30am to 6:00pm</p> <p><b>Tai Chi</b> 9:00am to 10:30am</p> <p><b>Counselling</b> 9:00am to 2:00pm</p> <p><b>Basic Computer Class</b> 9:30am to 11:30am</p> <p><b>Pre-teen Group</b> 11:30am to 1:30pm</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>Man Up</b> 1:00pm to 3:00pm (4th Friday)</p> <p><b>Newcomer 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>Friday Nights</b> 6:00pm to 8:00pm</p>	<p><b>Family Drop-in</b> 9:30am to 12:30pm</p> <p><b>Single Moms Support Group</b> 10:30am to 12:30pm</p> <p><b>South Vancouver Migrant Workers Empowerment Circle</b> 12:00pm to 3:30pm</p>

**HIGHLIGHTS THIS MONTH**

**Labour Market Volunteer Placement  
Info Session**  
Wednesday, August 14 at 1:00pm to 3:00pm

**Karma Connections**  
Monday to Friday at 10:00am to 4:00pm  
August 19-30

**Professional Mentorship Program for  
New Immigrants**  
Wednesday, August 21 at 1:00pm to 3:00pm

**Community Dinner**  
Tuesday, August 27 at 5:00pm to 7:00pm

- 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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