

ON-SITE PROGRAMS

SEP 2019 - JUN 2020

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

HIGHLIGHTS THIS MONTH

SVNH Pub Night Fundraiser
Village Pub, 7725 Champlain Crescent
Wednesday, November 20
6:00pm to 8:00pm
Tickets can be purchased at Reception or at
Eventbrite.ca

- 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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