



Monday	Tuesday	Wednesday	Thursday	Friday	
<div style="border: 2px solid black; padding: 5px; width: fit-content;"> <p>Registration Required: Hep C, Mon 1:30-3:30 and Wed 9:30-11:30 Tai Chi, Saturdays 10-11:45</p> </div>	ID Clinic 10-12 1 Healthy Recipies 10:30-12 Renter's Rights 1:30-2:30	Gardening 9-11 2 Book Club 11-12 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	3 Showtime 1:30-3:30 ID Clinic 1:30-3:30 WOW Women 6-8	News & Views 11-12 4 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:30 SMART 2-3:30	
	7 Health Centre Closed	ID Clinic 10-12 8 Scissor Styles 1:30-3:30	Gardening 9-11 9 Book Club 11-12 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30 Trans Health 5-7	10 Birthdays 1:30-3:30 ID Clinic 1:30-3:30	News & Views 11-12 11 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:30 SMART 2-3:30
	News & Views 11-12 14 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30	ID Clinic 10-12 15 Chop, Eat, Learn 10-12	Gardening 9-11 16 Book Club 11-12 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	17 Showtime 1:30-3:30 ID Clinic 1:30-3:30 WOW Women 6-8	News & Views 11-12 18 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:30 SMART 2-3:30
	News & Views 11-12 21 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30 Sharing Circle 2:30-4:00	ID Clinic 10-12 22 Scissor Styles 1:30-3:30	Gardening 9-11 23 Book Club 11-12 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	24 Showtime 1:30-3:30 ID Clinic 1:30-3:30	News & Views 11-12 25 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:00 SMART 2-3:30
	News & Views 11-12 28 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30	ID Clinic 10-12 29	Gardening 9-11 30 Book Club 11-12 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	31 BINGO 1:30-3:30 ID Clinic 1:30-3:30	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Grit Uplifted Saturdays 2-4 pm London Public Library Third Floor</p> </div>

Health and Healing

Hep C Waiting Room (RR): Registration required. Come out and chat! For folks connected to the Hep C program who have already had an first appointment with Dr. Silverman. Flamingo. Mandy/Lisa/Marsha

Living on Purpose: Experience being in the present moment of awareness. Oasis. Amir

Sharing Circle: Reflect on our experiences and visions for the future. Discuss aboriginal rights and explore our own inherent rights. Front. Len/Brennan

Seniors Drop-In 60+: 1hr seated exercise, soup (\$2) and seniors health presentations. Oasis. Sarah P

Scissor Styles: Come in for a hair cut! Sign up at reception upon arrival. Front. Len

SMART (Self Management And Recovery Training): A science based addiction recovery support group. Stop using and start living! Oasis. Shannon

Tai Chi (RR): Gentle exercise for seniors 50+. Back. Sarah P

Trans Health Clinics: Information and support for those exploring their gender identity. Front. Robbie

Women of the World: A space for all women to support and learn from each other. Loft. Adriana

Arts, Food, Exercise

Healthy Recipes: Information about physical activity, eating healthy, blood sugar management and self-care. Oasis. Adriana

Chop, Eat, Learn: Simple healthy meals on a budget. Oasis Room. Huma

Sit and Get Fit: Gentle, seated exercise for lifelong comfort and ease. Front. Kristy

Skills and Workshops

Book Club: Read or listen to a good book. No skills required but you might learn some. Front. Len

Community Gardening: Plant vegetables, herbs and flowers as a community and take home what we grow. Front. Len

Grit Uplifted: An opportunity for individuals to meet new people and learn about self-expression and creative writing.

Education

Discover Science: Join us in for science experiments and innovative learning. Front Space. Austin

Keep Me Safe: Learn harm reduction strategies and techniques. Front. Henry

Renter's Rights: Know your rights as a renter and how to talk to your landlords. Front. Henry

Building Community

BINGO: Come out, play BINGO and win prizes! Oasis. Dave

Birthday Celebration: Celebrate your birthday with friends and the Health Outreach Activity Council. Front. Dave

Cards and Games: Come out, play cards and win prizes! Oasis. Dave

Health Outreach Activity Council - Crafts: Join us in some arts, crafts and fun activities. Front. Dave

News and Views: Discuss issues and news in our community, our city, our country and the world. Front.. Len

Showtime: Enjoy exciting movies and interesting discussions. Oasis. Dave

For information contact:

Len Hughes

Health Outreach Program Facilitator

lhughes@lihc.on.ca

519-660-0874 ext 294