

Daily Programs - 659 Dundas St

Jan 2018



Every
One
Matters.

Monday	Tuesday	Wednesday	Thursday	Friday
Health Centre Closed	ID Clinic 10-12 2 Healthy Recipes 10:30-12 Creative Design 1:30-3:30 Renter's Rights 1:30-2:30	Book Club 11-12 3 Guitar Class 9:30-10:45 HOAC - Crafts 1:30-3:30	4 Showtime 1:30-3:30 ID Clinic 1:30-3:30	News & Views 11-12 5 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:30 SMART 2-3:30
News & Views 11-12 8 Keep Me Safe 1:30-2:30 Sharing Circle 2:30-4:00	ID Clinic 10-12 9 Scissor Styles 1:30-3:30	Book Club 11-12 10 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	11 Showtime 1:30-3:30 ID Clinic 1:30-3:30	Sit and Get Fit 10-11 12 News & Views 11-12 HOAC - Games 1:30-3:30 SMART 2-3:30
News & Views 11-12 15 Birthdays 1:30-3:30 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30	ID Clinic 10-12 16 Chop, Eat, Learn 10-12 Build a Better Me 10:30-12 Creative Design 1:30-3:30	Book Club 11-12 17 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	18 My Health Centre Drop-In 1:30-3:30 ID Clinic 1:30-3:30 Showtime 1:30-3:30	News & Views 11-12 19 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:00 SMART 2-3:30
News & Views 11-12 22 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30 Sharing Circle 2:30-4:00	ID Clinic 10-12 23 Build a Better Me 10:30-12 Chop, Eat, Learn 1:30-3:30 Scissor Styles 1:30-3:30	Book Club 11-12 24 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	25 ID Clinic 1:30-3:30 BINGO 1:30-3:30	News & Views 11-12 26 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:00 SMART 2-3:30
News & Views 11-12 29 Keep Me Safe 1:30-2:30 HOAC - Games 1:30-3:30	ID Clinic 10-12 30 Build a Better Me 10:30-12 Creative Design 1:30-3:30	Book Club 11-12 31 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30		

Registration Required:

Hep C Waiting Room

Mon 1:30-3:30 and
Wed 9:00-12:00

Tai Chi for Seniors

Saturdays 10-11:45

**HIV/AIDS Testing
(Anonymous)
DAILY**

Drop-in and ask at
reception or make
an appointment by
calling 519-673-4427

Grit Uplifted

Saturdays 2-4 pm
London Public Library
Third Floor

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

My Health Centre Drop-In: Learn about Health Centre resources, programs and services. Steph/Amanda/Austin/Emily

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, snacks 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

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

Arts, Food, Exercise

Creative Design: Be creative. Let your ideas out. Learn about digital communications. Front. Mike

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

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

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

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

Guitar Class: Learn to play the guitar! Oasis. Len/Ted.

Education

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