


Daily Programs - February 2018

659 Dundas Street and **Unit 7 - 1355 Huron Street**



Every
One
Matters.

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1 Keep Me Safe 10:30-12:00 Showtime 1:30-3:30 ID Clinic 1:30-3:30	2 News & Views 11-12 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:30 SMART 2-3:30 Happy Hookers 1-4
5 News & Views 11-12 Sharing Circle 2:30-4:00 Cards + Crafts 1-3:30 MindFUL Movement 5-6	6 ID Clinic 10-12 FRENCH SENIORS 10-12:30 Healthy Recipes 10:30-12 Build a Better Me 10:30-12 Scissor Styles 1:30-3:30 Renter's Rights 1:30-2:30	7 Book Club 11-12 Guitar Class 9:30-10:45 HOAC - Crafts 1:30-3:30	8 Keep Me Safe 10:30-12:00 Showtime 1:30-3:30 ID Clinic 1:30-3:30	9 News & Views 11-12 My Health Centre Drop-In 1:30-3:30 HOAC - Games 1:30-3:30 SMART 2-3:30 Happy Hookers 1-4
12 News & Views 11-12 Birthdays 1:30-3:30 HOAC - Games 1:30-3:30 Cards + Crafts 1-3:30 MindFUL Movement 5-6	13 ID Clinic 10-12 FRENCH SENIORS 10-12:30 Build a Better Me 10:30-12 Creative Design 1:30-3:30	14 Book Club 11-12 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	15 Keep Me Safe 10:30-12:00 ID Clinic 1:30-3:30 Showtime 1:30-3:30	16 News & Views 11-12 Sit and Get Fit 10-11 HOAC - Cards 1:30-3:00 SMART 2-3:30 Happy Hookers 1-4
19 Health Centre Closed - Family Day	20 ID Clinic 10-12 FRENCH SENIORS 10-12:30 Build a Better Me 10:30-12 Chop, Eat, Learn 1-3 Scissor Styles 1:30-3:30	21 Book Club 11-12 Guitar Class 9:30-10:45 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30	22 Keep Me Safe 10:30-12:00 ID Clinic 1:30-3:30 BINGO 1:30-3:30	23 News & Views 11-12 My Health Centre Drop-In 1:30-3:30 HOAC - Cards 1:30-3:00 SMART 2-3:30 Happy Hookers 1-4
26 News & Views 11-12 HOAC - Games 1:30-3:30 Cards + Crafts 1-3:30 MindFUL Movement 5-6	27 ID Clinic 10-12 FRENCH SENIORS 10-12:30 Build a Better Me 10:30-12 Creative Design 1:30-3:30	28 Book Club 11-12 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
(Attention! Feb 5: 1-2
and Feb 7 cancelled)

Tai Chi for Seniors

Saturdays 9:15-11:15

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

For information or to be added to a monthly e-distribution list contact:

Len Hughes - Health Outreach Program Facilitator lhughes@lihc.on.ca | 519-660-0875 ext 294



London
InterCommunity
Health Centre

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

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

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

MINDFUL MOVEMENT: RELIEVE YOUR DAILY STRESS WITH yoga, Mia AND Tai CHI. CLASS FOR WOMEN ONLY. SONIA

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

FRENCH SENIORS: PARLEZ-VOUS FRANCAIS? A SENIORS 50 + group to learn and practice your FRENCH! SONIA

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.

Building Community

Health Outreach Activity Council -

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

Arts and Crafts: Join us in some arts, crafts and fun activities. Front. Dave

North East London Community Engagement -

CARDS, CRAFTS AND GAMES: JOIN US FOR FUN activities, meet new people and enjoy a SNACK. Greg

Happy Hookers: LEARN TO KNIT, CROCHET OR EMBROIDER WITH a group that WILL MAKE YOU SMILE. Greg

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