


# Daily Programs - March 2018

659 Dundas Street and Unit 7 - 1355 Huron Street



Every  
One  
Matters.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 News & Views 11-12 2 Sit and Get Fit 10-11
Keep Me Safe 10-11 News & Views 11-12 Sharing Circle 2:30-4:00 Cards + Crafts 1-3:30 MindFUL Movement 5-6	5 ID Clinic 10-12 6 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 Seniors 60+ 1-3 HOAC - Crafts 1:30-3:30 Newcomer Women 6-8	8 Showtime 1:30-3:30 ID Clinic 1:30-3:30	9 News & Views 11-12 My Health Centre Drop-In 9-11 HOAC - Games 1:30-3:30 SMART 2-3:30 Happy Hookers 1-4
Keep Me Safe 10-11 News & Views 11-12 Birthdays 1:30-3:30 Cards + Crafts 1-3:30 MindFUL Movement 5-6	12 ID Clinic 10-12 13 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 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
Keep Me Safe 10-11 News & Views 11-12 Sharing Circle 2:30-4:00 Cards + Crafts 1-3:30 MindFUL Movement 5-6	19 ID Clinic 10-12 20 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 Newcomer Women 6-8	22 ID Clinic 1:30-3:30 Showtime 1:30-3:30	23 News & Views 11-12 My Health Centre Drop-In 9-11 HOAC - Cards 1:30-3:00 SMART 2-3:30 Happy Hookers 1-4
Keep Me Safe 10-11 News & Views 11-12 HOAC - Games 1:30-3:30 Cards + Crafts 1-3:30 MindFUL Movement 5-6	26 ID Clinic 10-12 27 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	29 ID Clinic 1:30-3:30 BINGO 1:30-3:30	30 Holiday - Health Centre Closed

Registration Required:

### Hep C Waiting Room

Mon 1:00-4:00 and  
Wed 9:00-12:00

### 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, Nia 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

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

