

Daily Programs - June 2018

659 Dundas Street and Unit 7 - 1355 Huron Street



Every
One
Matters.

Monday	Tuesday	Wednesday	Thursday	Friday
				News & Views 11-12 ¹ Sit and Get Fit 10-11 Garden Club 9-11 HOAC - Cards 1:30-3:30 Happy Hookers 1-4
Keep Me Safe 10-11 ⁴ News & Views 11-12 HOAC - Games 1:30-3:30 Cards + Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00	ID Clinic 10-12 ⁵ French Seniors 10-12:30 Healthy Recipes 10:30-12 Build a Better Me 10:30-12 Creative Design 1:30-3:30	Book Club 11-12 ⁶ Guitar Class 9:30-10:45 Craving Changes 2-4 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30	ID Clinic 1:30-3:30 ⁷ Showtime 1:30-3:30 Chronic Pain 2-4	News & Views 11-12 ⁸ Sit and Get Fit 10-11 Garden Club 9-11 HOAC - Cards 1:30-3:30 Happy Hookers 1-4
Keep Me Safe 10-11 ¹¹ News & Views 11-12 Sharing Circle 2:30-4:00 Birthdays 1:30-3:30 Cards + Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00	ID Clinic 10-12 ¹² French Seniors 10-12:30 Scissor Styles 1:30-3:30	Book Club 11-12 ¹³ Guitar Class 9:30-10:45 HOAC - Crafts 1:30-3:30 Seniors 60+ 1-2:30 Craving Changes 2-4	ID Clinic 1:30-3:30 ¹⁴ Showtime 1:30-3:30	News & Views 11-12 ¹⁵ Sit and Get Fit 10-11 Garden Club 9-11 HOAC - Cards 1:30-3:00 Happy Hookers 1-4
Keep Me Safe 10-11 ¹⁸ News & Views 11-12 HOAC - Games 1:30-3:30 Cards + Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00	ID Clinic 10-12 ¹⁹ French Seniors 10-12:30 Build a Better Me 10:30-12 Chop, Eat, Learn 1-3 Creative Design 1:30-3:30	Book Club 11-12 ²⁰ Guitar Class 9:30-10:45 Art Journaling 1:30-3:30 Seniors 60+ 1-2:30 Craving Changes 2-4 HOAC - Crafts 1:30-3:30 Newcomer Women 6-8	ID Clinic 1:30-3:30 ²¹ Showtime 1:30-3:30	News & Views 11-12 ²² Sit and Get Fit 10-11 Garden Club 9-11 HOAC - Cards 1:30-3:00 Happy Hookers 1-4
Keep Me Safe 10-11 ²⁵ News & Views 11-12 Sharing Circle 2:30-4:00 HOAC - Darts 1:30-3:30 Cards + Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00	ID Clinic 10-12 ²⁶ French Seniors 10-12:30 Build a Better Me 10:30-12 Scissor Styles 1:30-3:30	Book Club 11-12 ²⁷ Guitar Class 9:30-10:45 Craving Changes 2-4 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 Good Food Box 4-6	ID Clinic 1:30-3:30 ²⁸ BINGO 1:30-3:30	News & Views 11-12 ²⁹ Sit and Get Fit 10-11 Garden Club 9-11 HOAC - Cards 1:30-3:00 Happy Hookers 1-4

Registration Required:

Hep C Waiting Room

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

Tai Chi for Seniors

Saturdays 9:15-11:15
Western Fair Grounds

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

Good Food Box: Order low-cost fruit and veggie boxes for pick up on the last Wednesday of every month, both sites. Michelle/Margarita

Hep C Waiting Room: 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

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: Registration required. 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

Chronic Pain SMG (Self Management Group): Registration required. In this free workshop series you will learn about managing your pain and improving your quality of life. Clara/Homa

Diabetes SMG (Self Management Group): Registration required. A free workshop series

to learn about managing your diabetes, led by a dietitian. Huma

Keep Me Safe: Learn harm reduction strategies and techniques. 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

Craving Changes: Registration required. Change your relationship to food. Why do you eat the way you do? Julie

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

Garden Club: Get your hands dirty and learn about growing vegetables and flowers. 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.

Building Community

Health Outreach Activity Council -

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

Art Journaling: Creative expression through art and writing. Front. Dave

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

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

