



Daily Programs - July 2018

Every
One
Matters.



Unit 7 -1355 Huron Street



659 Dundas Street



Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Health Centre Closed for Holiday</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30 Build a Better Me 10:30-12 Creative Design 1:30-3:30</p>	<p>Guitar Class 9:30-10:45 Book Club 11-12 Healthy Recipies 10:30-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 Afghan WOW 6-8</p>	<p>ID Clinic 1:30-3:30 HOAC- Showtime 1:30-3:30 Yazidy WOW 5:30-7:30 SE Multicultural WOW 6-8 NELCE Walking Group 6:45-8</p>	<p>Garden Club 9-11 Sit and Get Fit 10-11 News & Views 11-12 HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>Tai Chi for Seniors 9:15-11:15 NW Multicultural WOW 10-12 Old East Walking Group to Farmer's Market 9:30-10 Grit Uplifted 2-4</p>
<p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12 Sharing Circle 2:30-4 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30 Build a Better Me 10:30-12 Trans Youth 2-4</p>	<p>Guitar Class 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 NELCE Council Meeting 6-8:30</p>	<p>ID Clinic 1:30-3:30 HOAC- Showtime 1:30-3:30 Middle Eastern WOW 5:30-7:30 NELCE Walking Group 6:45-8</p>	<p>Garden Club 9-11 Sit and Get Fit 10-11 News & Views 11-12 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm</p>	<p>Tai Chi for Seniors 9:15-11:15 Old East Walking Group to Farmer's Market 9:30-10 Grit Uplifted 2-4</p>
<p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12 Birthdays 1:30-3:30 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30 Build a Better Me 10:30-12 Chop, Eat, Learn 1-3 Creative Design 1:30-3:30 Trans Youth 2-4</p>	<p>Guitar Class 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 Afghan WOW 6-8 Food Box - Last Day to Order</p>	<p>ID Clinic 1:30-3:30 HOAC Showtime 1:30-3:30 Yazidy WOW 5:30-7:30 SE Multicultural WOW 6-8 NELCE Walking Group 6:45-8</p>	<p>Garden Club 9-11 Sit and Get Fit 10-11 News & Views 11-12 HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>Tai Chi for Seniors 9:15-11:15 NW Multicultural WOW 10-12 Old East Walking Group to Farmer's Market 9:30-10 Grit Uplifted 2-4</p>
<p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12 HOAC Games 1:30-3:30 Sharing Circle 2:30-4 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30 Trans Youth 2-4</p>	<p>Book Club 11-12 Guitar Class 9:30-10:45 Jalna French Seniors 1-3 HOAC- Art Journaling 1:30-3:30 Seniors 60+ 1-2:30 Food Box - Pick Up</p>	<p>ID Clinic 1:30-3:30 HOAC BINGO 1:30-3:30 Middle Eastern WOW 5:30-7:30 NELCE Walking Group 6:45-8</p>	<p>Garden Club 9-11 Sit and Get Fit 10-11 News & Views 11-12 HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm</p>	<p>Tai Chi for Seniors 9:15-11:15 Old East Walking Group to Farmer's Market 9:30-10 Grit Uplifted 2-4</p>
<p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12 HOAC - Darts 1:30-3:30 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30 Creative Design 1:30-3:30 Trans Youth 2-4</p>	<p>Hep C Waiting Room Mon 1:30-3:30 and Wed 9:00-12:00 (Registration required)</p>		<p>HIV/AIDS Testing (Anonymous) Drop-in or make an appointment by calling 519-673-4427</p>	



Join us for the London Pride Parade on Sunday, July 29th, 2018. We are meeting at 11:30 am in the parking lot of the Western Fair Farmer's Market.



London
InterCommunity
Health Centre
www.lihc.on.ca

Book Club: Read or listen to a good book. No skills required but you might learn some. 659 Dundas St. Len

Build a Better Me: An 8 session group to build skills in communication, self-reflection, affirmation, conflict resolution and goal setting. 659 Dundas St. Len

Creative Design: Be creative. Let your ideas out. Learn about digital communications. 659 Dundas St. Mike

Chop, Eat, Learn: Simple healthy meals on a budget. 659 Dundas St. Ayesha

Diabetes SMG (Self Management Group): Registration required. A free workshop series to learn about managing your diabetes, led by a dietitian. Unit 7- 1355 Huron. Huma

French Seniors 50+: Parlez-vous francais? A seniors group to learn and practice your French! Sonia

- **Huron Group** - LIHC Unit 7-1355 Huron St.

- **Jalna Group** - Jalna Library - 1119 Jalna Blvd.

- **Cherryhill Group** - Cherryhill Library - 301 Oxford St.

Garden Club: Get your hands dirty and learn about growing vegetables and flowers. 659 Dundas St. Len

Good Food Box: Order low-cost fruit and veggie boxes for pick up on the last Wednesday of every month. 659 Dundas St. and Unit 7- 1355 Huron St. Michelle/Margarita

Grit Uplifted: An opportunity for individuals to meet new people and learn about self-expression and creative writing. Central Library. 251 Dundas St.

Guitar Class: Learn to play the guitar! 659 Dundas St. Len/Ted

Health in Housing: Outreach to develop supports for individuals, families and community. 1481 Limberlost Road Unit 136 Residents Only. Shelly

Health Outreach Activity Council - (HOAC) 659 Dundas St. Dave

- **Arts and Crafts:** Join us in some arts, crafts and fun activities.

- **Art Journaling:** Creative expression through art and writing.

- **BINGO:** Come out, play BINGO and win prizes!

- **Birthday Celebration:** Celebrate your birthday with friends and the Health Outreach Activity Council.

- **Cards and Games:** Come out, play cards and win prizes!

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

Healthy Recipes: Information about physical activity, eating healthy, blood sugar management and self-care. 659 Dundas St. Adriana

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. 659 Dundas St. Meaghan/Lisa/Lila/Marsha

HIV Testing: Learn about prevention, testing and treatment. RHAC #30-186 King St. Richard

Keep Me Safe: Learn harm reduction strategies and techniques. 659 Dundas St. Henry

Mindful Movement: Relieve your daily stress with yoga, Nia and Tai Chi. Class for women only. Unit 7 -1355 Huron. Sonia

North East London Community Engagement (NELCE) - Unit 7 -1355 Huron St. Greg/Tosha

- **Cards, Crafts and Games:** Join us for fun activities, meet new people and enjoy a snack.

- **Happy Hookers:** Learn to knit, crochet or embroider with a group that will make you smile.

- **NELCE Council Meeting:** A resident-based, action-oriented community group focused on strengthening North East London. Unit 7 - 1355 Huron St.

- **NELCE Walking Group:** Join us for a walk through the neighbourhood. Beacock Library - 1280 Huron St.

News and Views: Discuss issues and news in our community, our city, our country and the world. 659 Dundas St. Len

NWL Connect: Residents of Northwest London gather over food, activities and community building. 570 Gainsborough Road. Shelly

Old East Walking Group: Walk to the Farmers Market and receive \$2 in Harvest Bucks. Meet in the Marshall St. parking lot behind 659 Dundas St. Shelly

Sharing Circle: Reflect on our experiences and visions for the future. Discuss aboriginal rights and explore our own inherent rights. 659 Dundas St. Len/Brennan

Seniors Drop-In 60+: One hour of seated exercise, snacks and seniors health presentations. 659 Dundas St. Sarah P

Sit and Get Fit: Gentle, seated exercise for lifelong comfort and ease. 659 Dundas St. Kristy

SMART (Self Management And Recovery Training): A science based addiction recovery support group. Stop using and start living! Unit 7-1355 Huron St. Ted

Tai Chi: Registration required. Gentle exercise for seniors 50+. Western Fair Grounds. Sarah P

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

- **Afghan WOW-** LIHC 659 Dundas St.

- **Bhutanese WOW** - Family Carling Thames - 335 Belfield St.

- **Middle Eastern WOW** - Childreach - 265 Maitland St.

- **Yazidy WOW** - Family Carling Thames - 335 Belfield St.

- **South East Multi-cultural WOW** - Central Library - 251 Dundas St.

- **North West Multi-cultural WOW** - Sherwood Library - 1225 Wonderland Road West

Trans Youth - FEAT Workshop: Take part in fitness activities and learn about healthy eating. Unit 7- 1355 Huron St. Huma

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