



Daily Programs - Jan 2020

Every
One
Matters.

Unit 7 -1355 Huron St 659 Dundas St Unit 1 - 1700 Dundas St Community Locations

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|
|  | | 1 Health Centre Closed for Holiday | 2 ID Clinic 1:30-3:30 | 3 | 4 |
| Keep Me Safe 10-12 6 HOAC - Crafts 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00 NWL Connect 6-8 | 7 ID Clinic 10-12 Healthy Recipes 10:30-12 Huron French Seniors 10-12:30 Yazidy WOW 6-8 | 8 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 NELCE Meeting 6-8 | 9 ID Clinic 1:30-3:30 Middle Eastern WOW 5:30-7:30 | 10 News & Views 11-12 HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm | 11 Grit Uplifted 2-4 |
| Keep Me Safe 10-12 13 HOAC - Crafts 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00 NWL Connect 6-8 | 14 ID Clinic 10-12 News & Views 11-12 Creative Design 1:30-3:30 Huron French Seniors 10-12:30 | 15 Guitar Class 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 | 16 Sharing Circle 1:30-3:00 ID Clinic 1:30-3:30 Chop, Eat, Learn 2-4 SE Multicultural WOW 6-8 | 17 News & Views 11-12 HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3 | 18 NW Multicultural WOW 10-12 Grit Uplifted 2-4 |
| Keep Me Safe 10-12 20 HOAC - Crafts 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00 NWL Connect 6-8 | 21 ID Clinic 10-12 News & Views 11-12 Huron French Seniors 10-12:30 Last Day to Order Good Food Boxes! Yazidy WOW 6-8 | 22 Guitar Class 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 | 23 ID Clinic 1:30-3:30 Middle Eastern WOW 5:30-7:30 | 24 News & Views 11-12 HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm | 25 Grit Uplifted 2-4 |
| Keep Me Safe 10-12 27 HOAC - Crafts 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00 NWL Connect 6-8 | 28 ID Clinic 10-12 News & Views 11-12 Creative Design 1:30-3:30 Huron French Seniors 10-12:30 | 29 Guitar Class 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 Good Food Box 3-5 | 30 ID Clinic 1:30-3:30 SE Multicultural WOW 6-8 | 31 News & Views 11-12 HOAC - BINGO 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3 | |

HIV/AIDS Testing (Anonymous)
Drop-in or make an appointment
by calling 519-673-4427

Love Your Liver
Mon 1:30-3:30 and
Wed 9:00-12:00



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. Collaboration with the London Public Library. 659 Dundas St. Len

Chill Out Your Senses: The program is designed to teach skills that increase participant’s ability to cope with social anxiety, every day mental health illness, and stress. Unit 1 - 1700 Dundas St. Amanda

Chronic Pain Self Management Group: Come learn how to manage your pain and improve your quality of life. Unit 7 - 1355 Huron St. Clara/Homa

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

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

Craving Change: Why do you eat the way you do? Change your thinking, change your eating. Unit 7 - 1355 Huron St. Julie

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.

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. Biba/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

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!

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

Love Your Liver: Mondays drop in for education, screening and support. Wednesdays come in and connect with Outreach and Social Work. 659 Dundas St. Mandy/Lisa/Erica

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

Indigenous Café: Join us for conversation, education, information and delicious treats. Collaboration with OAHAS. 659 Dundas St. Len

ID Clinic: Support for identification applications for people experiencing homelessness. 659 Dundas Street. Dave

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/Ian

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

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

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

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

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

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

- **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

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

Len Hughes - Health Outreach Program Facilitator



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519-660-0875 ext 294