



# Daily Programs - Jan 2019

Every  
One  
Matters.

■ Unit 7 -1355 Huron Street

■ 659 Dundas Street

■ Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Health Centre Closed	2 Guitar Class 9:30-10:45 Healthy Recipes 10:30-12  Jalna French Seniors 1-3 HOAC - Crafts 1:30-3:30	3 Philosophy Café 1:30-3:30 ID Clinic 1:30-3:30  SE Multicultural WOW 6-8	4 Sit and Get Fit 10-11 News & Views 11-12  HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3	5 NW Multicultural WOW 10-12  Grit Uplifted 2-4
7 Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12  Games 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	8 ID Clinic 10-12 Huron French Seniors 10-12:30	9 Guitar Class 9:30-10:45  Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 NELCE Council Meeting 6-8:30	10 Philosophy Café 1:30-3:30 ID Clinic 1:30-3:30  Middle Eastern WOW 5:30-7:30	11 Sit and Get Fit 10-11 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	12 Grit Uplifted 2-4
14 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	15 ID Clinic 10-12 Huron French Seniors 10-12:30  Chop, Eat, Learn 1-3 Creative Design 1:30-3:30 Yazidy WOW 6-8	16 Guitar Class 9:30-10:45 Book Club 11-12  Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC- Art Journaling 1:30-3:30	17 Philosophy Café 1:30-3:30 ID Clinic 1:30-3:30  Craving Changes 2-4 SE Multicultural WOW 6-8	18 Sit and Get Fit 10-11 News & Views 11-12  HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3	19 NW Multicultural WOW 10-12  Grit Uplifted 2-4
21 Health in Housing 9:30-11:30 Keep Me Safe 10-11 News & Views 11-12  HOAC Games 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	22 ID Clinic 10-12 Huron French Seniors 10-12:30  Last Day to Order Good Food Boxes!	23 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	24 Philosophy Café 1:30-3:30 ID Clinic 1:30-3:30  Craving Changes 2-4 Middle Eastern WOW 5:30-7:30	25 Sit and Get Fit 10-11 News & Views 11-12  HOAC - BINGO 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm	26 Grit Uplifted 2-4
28 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	29 ID Clinic 10-12 Huron French Seniors 10-12:30  Creative Design 1:30-3:30 Yazidy WOW 6-8	30 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 Food Box Pick Up 4-6	31 Philosophy Café 1:30-3:30 ID Clinic 1:30-3:30  Craving Changes 2-4		

**Hep C Waiting Room**  
Mon 1:30-3:30 and  
Wed 9:00-12:00

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



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

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

**Craving Changes:** Why do you eat the way you do? Change your eating habits. Unit 7 - 1355 Huron Street. Julie

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

**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. 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!

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

**Hep C Waiting Room:** Mondays drop in for education, screening and support. Wednesdays come in and connect with Outreach and Social Work. 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.

**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

**Philosophy Café:** A discussion group around various philosophical and social issues. 659 Dundas Street. Len

**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

**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:

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**Program Facilitator**



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