



Daily Programs - Feb 2019

Every
One
Matters.

■ Unit 7 -1355 Huron Street

■ 659 Dundas Street

■ Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sit and Get Fit 10-11 News & Views 11-12 1	NW Multicultural WOW 10-12 2 Grit Uplifted 2-4
Health in Housing 9:30-11:30 4 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	ID Clinic 10-12 5 Huron French Seniors 10-12:30 Dental Health 1-4	Guitar Class 9:30-10:45 6 Book Club 11-12 Healthy Recipes 10:30-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 DiabetesFEAT 6-8	Philosophy Café 11-12 7 ID Clinic 1:30-3:30 Craving Changes 2-4 SE Multicultural WOW 6-8	Sit and Get Fit 10-11 8 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	Grit Uplifted 2-4 9
Health in Housing 9:30-11:30 11 Keep Me Safe 10-11 News & Views 11-12 Sharing Circle 1:30-3:30 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	ID Clinic 10-12 12 Huron French Seniors 10-12:30 Dental Health 1-4 Creative Design 1:30-3:30 Yazidy WOW 6-8	Book Club 11-12 13 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC-Crafts 1:30-3:30 DiabetesFEAT 6-8 NELCE Council Meeting 6-8:30	Philosophy Café 11-12 14 ID Clinic 1:30-3:30 Craving Changes 2-4 Middle Eastern WOW 5:30-7:30	Sit and Get Fit 10-11 15 News & Views 11-12 HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3	NW Multicultural WOW 10-12 16 Grit Uplifted 2-4
Health Centre Closed for Family Day 18	ID Clinic 10-12 19 Huron French Seniors 10-12:30 Chop, Eat, Learn 1-3 Dental Health 1-4 Last Day to Order Good Food Boxes!	Guitar Class 9:30-10:45 20 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC- Art Journaling 1:30-3:30 DiabetesFEAT 6-8	Philosophy Café 11-12 21 ID Clinic 1:30-3:30 Craving Changes 2-4 SE Multicultural WOW 6-8	Sit and Get Fit 10-11 22 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	Grit Uplifted 2-4 23
Health in Housing 9:30-11:30 25 Keep Me Safe 10-11 News & Views 11-12 Sharing Circle 1:30-3:30 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	ID Clinic 10-12 26 Huron French Seniors 10-12:30 Dental Health 1-4 Creative Design 1:30-3:30 Yazidy WOW 6-8	Guitar Class 9:30-10:45 27 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 DiabetesFEAT 6-8	Philosophy Café 11-12 28 ID Clinic 1:30-3:30 Craving Changes 2-4 Middle Eastern WOW 5:30-7:30		

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

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

Dental Health: Come learn about dental hygiene. 659 Dundas St. Barb

DiabetesFEAT: Learn about eating healthy and managing your diabetes. Unit 7 - 1355 Huron St. 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.

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

Sharing Circle: Traditional indigenous session for self-expression. Collaboration with SOAHAC. All are welcome. 659 Dundas Street. Robert

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:

Len Hughes - Health Outreach Program Facilitator



lhughes@lihc.on.ca
519-660-0875 ext 294

