



Daily Programs - April 2019

Every
One
Matters.



Unit 7 -1355 Huron Street



659 Dundas Street



Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Health in Housing 1 9:30-11:30 Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12 Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 2 Huron French Seniors 10-12:30 Community Choir 1-3</p>	<p>Guitar Class 3 9:30-10:45 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</p>	<p>ID Clinic 1:30-3:30 4 SE Multicultural WOW 6-8</p>	<p>News & Views 5 11-12 HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>NW Multicultural WOW 10-12 6 Grit Uplifted 2-4</p>
<p>Health in Housing 8 9:30-11:30 Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12 Sharing Circle 1:30-3:30 HOAC Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 9 Huron French Seniors 10-12:30 Community Choir 1-3 Creative Design 1:30-3:30 Yazidy WOW 6-8</p>	<p>Guitar Class 10 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 NELCE Council Meeting 6-8:30</p>	<p>ID Clinic 1:30-3:30 11 Middle Eastern WOW 5:30-7:30</p>	<p>News & Views 12 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</p>	<p>Grit Uplifted 2-4 13</p>
<p>Health in Housing 15 9:30-11:30 Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12 Birthdays 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 16 Huron French Seniors 10-12:30 Community Choir 1-3 Last Day to Order Good Food Boxes!</p>	<p>Guitar Class 17 9:30-10:45 Book Club 11-12 Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC-Crafts 1:30-3:30</p>	<p>ID Clinic 1:30-3:30 18 SE Multicultural WOW 6-8</p>	<p>Health Centre Closed 19</p>	<p>NW Multicultural WOW 10-12 20 Grit Uplifted 2-4</p>
<p>Health in Housing 22 9:30-11:30 Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12 Sharing Circle 1:30-3:30 Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 23 Huron French Seniors 10-12:30 Community Choir 1-3 Chop, Eat, Learn 1-3 Creative Design 1:30-3:30 Yazidy WOW 6-8</p>	<p>Guitar Class 24 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</p>	<p>ID Clinic 1:30-3:30 25 Indigenous Café 1:30-3:30 Middle Eastern WOW 5:30-7:30</p>	<p>Garden 9-11 26 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</p>	<p>Grit Uplifted 2-4 27</p>
<p>Health in Housing 29 9:30-11:30 Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12 HOAC Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>ID Clinic 10-12 30 Huron French Seniors 10-12:30 Community Choir 1-3</p>				

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



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

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

Community Choir: Do you love to sing? Join us for a fun musical afternoon. 659 Dundas St. Len

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

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

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 Program: Get your hands dirty and join us to 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!

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

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

Mind Your Knitting: Learn mindfulness and develop coping skills, including knitting. Closed group, registration required. 659 Dundas St. Barb

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:

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519-660-0875 ext 294