



Daily Programs - July 2019

Every
One
Matters.



Unit 7 -1355 Huron Street



659 Dundas Street



Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Health Centre Closed for Holiday</p>	<p>2</p> <p>ID Clinic 10-12 Healthy Recipes 10:30-12</p> <p>Creative Design 1:30-3:30</p> <p>Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3</p>	<p>3</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30</p>	<p>4</p> <p>Craving Change 2-4</p> <p>ID Clinic 1:30-3:30</p> <p>SE Multicultural WOW 6-8 Community Choir 6:30-9</p>	<p>5</p> <p>Garden 9-11 News & Views 11-12</p> <p>HOAC - Cards 1:30-3:30 CH French Seniors 1-3</p>	<p>6</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>NW Multicultural WOW 10-12</p> <p>Grit Uplifted 2-4</p>
<p>8</p> <p>Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12</p> <p>HOAC Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p>	<p>9</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3</p> <p>Yazidy WOW 6-8</p>	<p>10</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30</p>	<p>11</p> <p>Craving Change 2-4</p> <p>ID Clinic 1:30-3:30</p> <p>Middle Eastern WOW 5:30-7:30 Community Choir 6:30-9</p>	<p>12</p> <p>Garden 9-11 News & Views 11-12</p> <p>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>13</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>
<p>15</p> <p>Keep Me Safe 10-11 Mind Your Knitting 10-11:30 Birthdays 1:30-3:30 News & Views 11-12</p> <p>Sharing Circle 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p>	<p>16</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Creative Design 1:30-3:30 Music Drop-In 1-3</p>	<p>17</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC-Crafts 1:30-3:30</p>	<p>18</p> <p>Craving Change 2-4</p> <p>ID Clinic 1:30-3:30 Chop, Eat, Learn 2-4</p> <p>SE Multicultural WOW 6-8 Community Choir 6:30-9</p>	<p>19</p> <p>Garden 9-11 News & Views 11-12</p> <p>HOAC - Cards 1:30-3:30 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>20</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>NW Multicultural WOW 10-12 Grit Uplifted 2-4</p>
<p>22</p> <p>Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12</p> <p>NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p>	<p>23</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3</p> <p>Last Day to Order Good Food Boxes!</p> <p>Yazidy WOW 6-8</p>	<p>24</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30</p>	<p>25</p> <p>Craving Change 2-4</p> <p>ID Clinic 1:30-3:30 Indigenous Café 1:30-3:30</p> <p>Middle Eastern WOW 5:30-7:30 Community Choir 6:30-9</p>	<p>26</p> <p>Garden 9-11 News & Views 11-12</p> <p>NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm</p>	<p>27</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>
<p>29</p> <p>Keep Me Safe 10-11 Mind Your Knitting 10-11:30 News & Views 11-12</p> <p>Sharing Circle 1:30-3:30 HOAC Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p>	<p>30</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Creative Design 1:30-3:30 Music Drop-In 1-3</p>	<p>31</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC- Crafts 1:30-3:30</p> <p>Good Food Box Pick Up 4-6</p>	<div data-bbox="857 1876 1515 2467" data-label="Complex-Block"> <p>SUMMER HEALTH TIPS</p> <ul style="list-style-type: none"> Drink plenty of water Use eye protection Use Sunscreens with SPF Keep curtains closed till noon to avoid direct heat Eat light, healthy food Stay cool when its hot Wear cotton & loose fitting cloths </div>		

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

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

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

Craving Change: Change your relationship with food. Understand why you eat the way you do. Unit 7 - 1355 Huron St. Julie

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

Music Drop-In: Learn to sing, play and instrument and enjoy music. 695 Dundas Street. Len

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

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: 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