



Daily Programs - Sept 2019

Every
One
Matters.



Unit 7 -1355 Huron Street



659 Dundas Street



Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Health Centre Closed for Holiday</p> <p>2</p>	<p>ID Clinic 10-12 Healthy Recipes 10:30-12 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3 Chronic Pain 1:30-4</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>ID Clinic 1:30-3:30</p> <p>SE Multicultural WOW 6-8 Community Choir 6:30-9</p> <p>5</p>	<p>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>7</p>
<p>Keep Me Safe 10-11 News & Views 11-12</p> <p>NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p> <p>NWL Connect 6-8</p> <p>9</p>	<p>ID Clinic 10-12 Creative Design 1:30-3:30 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3 Chronic Pain 1:30-4 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>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>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>14</p>
<p>Keep Me Safe 10-11 News & Views 11-12</p> <p>NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p> <p>NWL Connect 6-8</p> <p>16</p>	<p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3 Chronic Pain 1:30-4</p> <p>Last Day to Order Good Food Boxes!</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>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>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>21</p>
<p>Keep Me Safe 10-11 News & Views 11-12</p> <p>NELCE Cards and Crafts 1-3:30</p> <p>Mindful Movement 5-6 SMART 6:30-8:00</p> <p>NWL Connect 6-8</p> <p>23</p>	<p>ID Clinic 10-12 Creative Design 1:30-3:30 Huron French Seniors 10-12:30</p> <p>Music Drop-In 1-3 Chronic Pain 1:30-4 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 HOAC Crafts 1:30-3:30</p> <p>Good Food Box Pick Up 4-6</p> <p>25</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>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>27</p>	<p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p> <p>28</p>
<p>Keep Me Safe 10-11 News & Views 11-12</p> <p>NELCE Cards and Crafts 1-3:30 Mindful Movement 5-6 SMART 6:30-8:00</p> <p>NWL Connect 6-8</p> <p>30</p>					

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

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

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.

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

Love Your Liver: 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

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

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



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