

## SCHEDULE FALL 2015

<u>PROGRAM</u>	<u>Comment</u>	<u>DAY(S)</u>	<u>DATE COMMENCING</u>	<u>TIME(S)</u>	<u>LOCATION</u>	<u>CONTACTS</u>
<b>CHILDREN</b>						
After School	JK to Grade 4	School Days	14-Sep-15	3:30 - 6:00 p.m.	Rose Avenue School	Shabana
Swim Lessons	Register	Thursdays	14-Sep-15	5:00 p.m. - 7:00 p.m.	Jarvis CI Pool	Yasotha
Gymnastics	Register	Saturdays	14-Sep-15	noon - 1:00 p.m.	Rose Avenue School	Hanan
<b>ADULTS</b>						
Job Club	One on One	Weekdays	Ongoing	10 a.m. - 4 p.m.	102-260 Wellesley St. E.	Mariam, Leena, Maltia
Job Club: Health Professionals Training:	Register	Mondays	21-Sep-15	2 p.m. - 5 p.m.	109-240 Wellesley St. E.	Chris, Maltia
Computer Basic	Register	Tuesdays	22-Sep-15	1:00 p.m. - 3:00 p.m.	Parliament Street Resource Centre	Mariam, Leena, Maltia
Computer Intermediate	Register	Tuesdays	10-Nov-15	9:30 a.m. - 11:30 a.m.	Parliament Street Resource Centre	Mariam, Leena, Maltia
Public Speaking Level 1 & 2	Register	Tuesdays	22-Sep-15	1:00 p.m. - 3:00 p.m.	102-260 Wellesley St. E.	Mariam, Leena, Maltia
Child Minding	Register	Fridays	25-Sep-15	1:00 p.m. - 3:00 p.m.	102-260 Wellesley St. E.	Mariam, Leena, Maltia
Community Assistant	Register	Tuesdays	10-Nov-15	1:00 p.m. - 3:00 p.m.	102-260 Wellesley St. E.	Mariam, Leena, Maltia
Tutoring (7 Weeks)	Register	Tuesdays	06-Oct-15	1:00 p.m. - 3:00 p.m.	102-260 Wellesley St. E.	Shabana
<b>Healthy Living:</b>						
Self-help groups	Register	Fridays	18-Sep-15	1:00 p.m. - 3:00 p.m.	109-240 Wellesley St. E.	Bhavana
Stress Management	Register	Wednesdays	14-Oct-15	10:00 a.m. - noon	109-240 Wellesley St. E.	Surbahi
Diabetes Sessions	Once per month	Thursday	17-Sep-15	10:00 a.m. - noon	109-240 Wellesley St. E.	Surbahi
Diabetes Management	Once per month	Thursday	17-Sep-15	noon - 1:00 p.m.	109-240 Wellesley St. E.	Surbahi
Diabetes Adults Plus	Once per month	Thursday	17-Sep-15	1:00 p.m. - 3:00 p.m.	109-240 Wellesley St. E.	Surbahi
Cancer Screening	Register	Fridays	21-Sep-15	10:00 a.m. - noon	109-240 Wellesley St. E.	Surbahi
Adult Nutrition (6 wks)	Register	Thursday	15-Oct-15	10:00 a.m. - noon	Wellesley Community Centre	Surbahi
Food Handling (6 wks)	Register	Tuesdays	22-Sep-15	10:00 a.m. - 1:00 p.m.	Wellesley Community Centre	Surbahi
Food Share Bus	Drop In	Mondays	ongoing	6:00 p.m. - 7:00 p.m.	102-260 Wellesley St. E.	Surbahi
Cross Cultural Cooking (6 wks)	Register	Tuesdays	10-Nov-15	1:00 p.m. - 3:00 p.m.	109-240 Wellesley St. E.	Surbahi
Meditation	Register	Tuesdays	ongoing	7:00 p.m. - 8:00 p.m.	109-240 Wellesley St. E.	Surbahi
Belly Dancing	Register	Thursday	17-Sep-15	10:00 a.m. - 11:00 a.m.	109-240 Wellesley St. E.	Surbahi
Yoga	Register	Fridays	ongoing	11:00 a.m. - noon	Wellesley Community Centre	Surbahi
Bollywood Dance	Register	Saturday	ongoing	11:00 a.m. - noon	Rose Avenue School	Surbahi
Zumba	Register	Saturday	ongoing	10:00 a.m. - 11:00 a.m.	Rose Avenue School	Surbahi
Swimming: Ladies	Register	Thursday	14-Sep-15	7:00 p.m. - 9 p.m.	Jarvis CI Pool	Yasotha
Tai Chi	Register	Wednesdays	ongoing	6:00 p.m. - 7:00 p.m.	109-240 Wellesley St. E.	Surbahi
Adult + Home Visits			Please contact us at 416 944 9697 or visit us at 260 Wellesley St Unit 102 to set up appointment			Bawani
Adult + Thursday Social	Drop In	Thursday	ongoing	1:00 p.m. - 3:00 p.m.	109-240 Wellesley St. E.	Aruna
Adult + 55 Bleeker Social	2nd and 4th	Tuesdays	ongoing	2:00 p.m. - 4:00 p.m.	55 Bleeker Street	Aruna
<b>Home Management</b>						
English: Cafe	Register	Tuesdays	15-Sep-15	10:00 a.m. - 11:30 a.m.	102-260 Wellesley St. E.	Sarah
English: Basic			Please contact us at 416 944 9697 or visit us at 260 Wellesley St Unit 102 to set up appointment			Angela
Citizenship and CIC Test Prep			Please contact us at 416 944 9697 or visit us at 260 Wellesley St Unit 102 to set up appointment			Angela