

Settlement Programs

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
1. (2 Groups) Seniors on the Move 3:15pm-4:15pm <i>Come Meet New Friends!</i>	2. <u>Low Level</u> <u>Conversation Circle</u> 10:00am-11:00am (2 Groups) <u>High Level</u> <u>Conversation Circle</u> 1:15pm-2:15pm	3. <u>No Programs</u>	4. <u>Engaging Women</u> 1:15pm-2:15pm <i>This month's topics:</i> <i>Women's History Month</i> <i>Cultures Around the World</i>	5. <u>No Programs</u>	
8. (2 Groups) Seniors on the Move 3:15pm-4:15pm <i>Come Meet New Friends!</i>	9. <u>Low Level</u> <u>Conversation Circle</u> 10:00am-11:00am (2 Groups) <u>High Level</u> <u>Conversation Circle</u> 1:15pm-2:15pm	10. <u>No Programs</u>	11. <u>(Arabic) Health & Wellness</u> 10:00am-11:00am (DNS) <u>Engaging Women</u> 1:15pm-2:15pm <u>Health & Wellness</u> 2:30pm-3:30pm (DNS)	12. <u>No Programs</u>	
15. (2 Groups) Seniors on the Move 3:15pm-4:15pm <i>Come Meet New Friends!</i>	16. <u>Low Level</u> <u>Conversation Circle</u> 10:00am-11:00am (2 Groups) <u>High Level</u> <u>Conversation Circle</u> 1:15pm-2:15pm	17. <u>No Programs</u> 	18. <u>(Arabic) Health & Wellness</u> 10:00am-11:00am (DNS) <u>Engaging Women</u> 1:15pm-2:15pm <u>Health & Wellness</u> 2:30pm-3:30pm (DNS)	19. <u>(Arabic) BC Housing</u> 10:00am-11:00am (pre-registration required)	March 14 
22. (2 Groups) Seniors on the Move 3:15pm-4:15pm <i>Come Meet New Friends!</i>	23. <u>Low Level</u> <u>Conversation Circle</u> 10:00am-11:00am (2 Groups) <u>High Level</u> <u>Conversation Circle</u> 1:15pm-2:15pm	24. <u>No Programs</u>	25. <u>Engaging Women</u> 1:15pm-2:15pm <u>Mental Wellness</u> 2:30pm-3:30pm (DNS) <i>Stress Management & Coping Strategies</i>	26. <u>(Arabic) I Finished</u> <u>Responsible Adult Course.</u> <u>Now What?</u> 10:00am-11:00am (pre-registration required)	March 21 
29. (2 Groups) Seniors on the Move 3:15pm-4:15pm <i>Come Meet New Friends!</i>	30. <u>Low Level</u> <u>Conversation Circle</u> 10:00am-11:00am (2 Groups) <u>High Level</u> <u>Conversation Circle</u> 1:15pm-2:15pm	31. <u>No Programs</u>	 For More Information & Registration Call <u>Melvin Magno</u> 604-534-7921 ext. 1407	Free online programs for Permanent Residents Info & Registration: Joohye: jnam@lcss.ca 604-534-7921 ext. 1204	 5339 207th Street Langley B.C. V3A 2E6

(DNS = Delivered by Nursing Students)