



**South London Neighbourhood Resource Centre  
Newcomer Settlement Services  
Community Connections- Family**

**September 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 <b>Healthy Living!</b> <b>2:30-4:30 pm</b>
5 <b>Labour's Day</b> <b>OFF</b>	6 <b>Mindful Yoga!</b> <b>12:00-1:00 pm</b>  Let's Read! (1119 Jalna Blvd) <b>4:00-5:30 pm</b>	7 <b>Intergenerational Program</b> (1119 Jalna Blvd.) <b>3:30-5:00 pm</b>	8	9 <b>Technology Class</b> <b>12:30-1:30 pm</b>  <b>Healthy Living!</b> <b>2:30-4:30 pm</b>
12 <b>Intergenerational Program</b> (Westmount Site Unit 202) <b>3:30-5:00 pm</b>	13 <b>Mindful Yoga!</b> <b>12:00-1:00 pm</b>  Let's Read! (1119 Jalna Blvd) <b>4:00-5:30 pm</b>	14 <b>Intergenerational Program</b> (1119 Jalna Blvd.) <b>3:30-5:00 pm</b>	15	16
19 <b>Intergenerational Program</b> (Westmount Site Unit 202) <b>3:30-5:00 pm</b>	20 <b>Mindful Yoga!</b> <b>12:00-1:00 pm</b>  Let's Read! (1119 Jalna Blvd) <b>4:00-5:30 pm</b>	21 <b>Intergenerational Program</b> (1119 Jalna Blvd.) <b>3:30-5:00 pm</b>	22	23 <b>Technology Class</b> <b>12:30-1:30 pm</b>  <b>Healthy Living!</b> <b>2:30-4:30 pm</b>
26 <b>Intergenerational Program</b> (Westmount Site Unit 202) <b>3:30-5:00 pm</b>	27 <b>Mindful Yoga!</b> <b>12:00-1:00 pm</b>  <b>SLNRC AGM at 3:00 pm</b>  Let's Read! (1119 Jalna Blvd) <b>4:00-5:30 pm</b>	28 <b>Intergenerational Program</b> (1119 Jalna Blvd.) <b>3:30-5:00 pm</b>	29	30 <b>Technology Class</b> <b>12:30-1:30 pm</b>  <b>Healthy Living!</b> <b>2:30-4:30 pm</b>

**To register, contact Eman Al Sayyah,  
Family Community Connections Facilitator, at  
Cellphone: 226-998-5604 or Email: [ealsayyah@slnrc.ca](mailto:ealsayyah@slnrc.ca)  
[Monday-Friday: 9:00-5:00 pm](#)**

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