



Status of Women Canada / Condition féminine Canada



SOCIALSERVICESNETWORK
serving diverse communities



Canada



MARKHAM COMMUNITY HUB - PROGRAMS AND SERVICES 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Tai Chi @SSN Hub (8AM-9AM)	Tai Chi @SSN Hub (8AM-9AM)	Tai Chi @ SSN Hub (8AM-9AM)	Tai Chi @ SSN Hub (8AM-9AM)	Tai Chi @ SSN Hub (8AM-9AM)	SAADP @ NUHS (10AM - 3 PM)	SAADP @ NUHS (10AM - 3 PM)
Zumba @ SSN Hub (9:30 AM-10:30AM)	Yoga @ SSN Hub (9:30 AM-10:30AM)	Zumba @ SSN Hub (9:30 AM-10:30AM)	Yoga @ SSN Hub (9:30 AM-10:30AM)	Zumba @ SSN Hub (9:30 AM-10:30AM)		Health & Wellness @ SSN Hub (11AM - 1 PM)
Excerise Carefirst @ SSN Hub (11AM-12PM)	Aging Positively @ SSN Hub (11AM-2:30PM)	Digital Empowerment @ SSN Hub 10:30AM-12:30PM	Aging Positively @ SSN Hub (10:30AM - 1:30PM)	Senior Fitness Club @ SSN Hub (11 AM - 1 PM)		
Excerise Carefirst @ SSN Hub (12PM-1PM)	ESL CLASS @ SSN Hub (12:30pm-3:30pm)	Peer to Peer @ SSN Hub (11AM -1:30PM)	Markham Brotherhood @ SSN Hub (3:30PM - 5PM)	Markham Brotherhood @ SSN Hub (1:30PM - 2:30PM)		
Health and Wellness Program @ Aaniin (9:30AM-1PM)	Markham Brotherhood @ SSN Hub (2PM - 5PM)	ESL CLASS @ SSN Hub (12:30PM-3:30PM)	Womens Health & Wellness @ SSN Hub (1:30 - 3PM)			
Markham Brotherhood @ SSN Hub (2PM - 5PM)		Markham Brotherhood @ SSN Hub (2PM - 5PM)				
		Community Kitchen @ Ebineezar Church (4 PM - 6 PM)				

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