



SOCIALSERVICESNETWORK
servicing diverse communities



**Markham Community Hub
 Program Schedule**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| Zumba 9:30 am- 10:30am Community Exercise program (Seniors) 11:00 am- 12:00pm | Yoga 9:30 am – 10:30 pm | Zumba 9:30 am- 10:30am | Yoga 9:30 am – 10:30 Housing Help Center 9:30 am – 12:30 pm | Zumba 9:30 am- 10:30am |
| Mental Health Counselling 9:00 am- 5:00pm | ESL Classes 12:00 pm- 3:00 pm | ESL Classes 12:00 pm- 3:00 pm | Yoga & socializing (Aging Positivity) 11:00 am – 1:00 pm | |
| South Asian Men Support Group 1:00pm – 5:00pm | South Asian Men Support Group 1:00pm – 5:00pm | South Asian Men Support Group 1:00pm – 5:00pm | South Asian Men Support Group 1:00pm – 5:00pm | South Asian Men Support Group 1:00pm – 5:00pm |



**Status of Women
 Canada**

**Condition féminine
 Canada**



ONTARIO WOMEN'S DIRECTORATE



ONTARIO SENIORS' SECRETARIAT

Canada

**SPACE AVAILABLE FOR RENT
 DURING EVENINGS AND
 WEEKENDS
 CALL NAZ AT 905-554-9033 X 224**



**8 Shadlock Street, Unit 5A
 Markham, On. L3S 3K9
 Tele: 905-554-9033 X 224
www.socialservicesnetwork.org**



**United Way
 Toronto & York Region**