

APRIL 2019 FREE COMMUNITY WORKSHOPS

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
	Optimal Nutrition for Seniors 6:30 - 8:00 pm			Driving in Ontario (Mandarin) 6:30 - 8:00 pm	Youth Job Search Workshop 4:00 - 5:30 pm	
07	08	09	10	11	12	13
	Raising Resilient Children 6:30 - 8:30 pm			1.Administrative Professional Workshop 2.Seniors and Depression		
14	15	16	17	18	19	20
	Benefits and Credits Available to Seniors through Income Tax 6:30 - 8:00 pm			Diabetes: What you need to know 6:30 - 7:30 pm		
21	22	23	24	25	26	27
				Newcomer Orientation (Mandarin) 6:30 - 8:30 pm		
28	29	30				
	Mindfulness & Stress Reduction for Caregivers 6:30 - 8:30 pm					

