



SUNDAY

BANGLA ART & HERITAGE CLASS | GINO MARCUS COMMUNITY COMPLEX | 2:30 PM TO 4:30 PM

MONDAY

OFFICE DROP-IN HOURS | 4045 SEMINOLE STREET (SAC W OFFICE) | 2:00 PM TO 5:00 PM

TUESDAY

INTRODUCTION TO YOGA | BEDFORD UNITED CHURCH | 3340 SANDWICH STREET | 12:30 PM

COMMUNITY LUNCH | BEDFORD UNITED CHURCH 3340 SANDWICH STREET | 1:00 PM TO 3:00 PM

WEDNESDAY

MUSIC LESSONS FOR SENIORS | ONLINE VIA ZOOM (EMAIL FOR LINK) | 2:00 PM TO 3:00 PM

PAINTING CLASSES | BEDFORD UNITED CHURCH 3340 SANDWICH STREET | 5:30 PM TO 7:00 PM

THURSDAY

OFFICE DROP-IN HOURS | 4045 SEMINOLE STREET (SAC W OFFICE) | 2:00 PM TO 5:00 PM

FRIDAY

OFFICE DROP-IN HOURS | 4045 SEMINOLE STREET (SAC W OFFICE) | 2:00 PM TO 5:00 PM

SATURDAY

YOGA FOR SENIORS | GINO MARCUS COMMUNITY COMPLEX | 10:00 AM TO 11:00 AM

Please RVSP to any programs you intend on planning by contacting us.

email: info@sacwin.org | phone: 519-252-7447



SOUTH ASIAN CENTRE PRESENTS
INTRO TO YOGA



**FOLLOWED BY CONNECT & THRIVE
COMMUNITY LUNCH**

EVERY TUESDAY AT 12:30 PM
INSTRUCTOR: MS.INDERJEET KAUR



Bedford United
church
Windsor, Ontario

**RIGHT HERE IN THE NEIGHBOURHOOD
OF THE SANDWICH WEST COMMUNITY!**

Location:

Bedford United Church
3340 Sandwich St., Windsor, ON N9C 1B1
Parking available at the back of the church via Russell Street

PLEASE RSVP BY EITHER CALLING OR EMAILING US:

Phone: 519-252-7447

Email: info@sacwin.org

**Funding for the initiative has been provided by the
Gordie Howe International Bridge Community
Benefits Plan**

FUNDING FOR THE INITIATIVE HAS BEEN PROVIDED BY THE



PONT INTERNATIONAL
Gordie Howe
INTERNATIONAL BRIDGE

COMMUNITY BENEFITS PLAN

Free!



NEWCOMER YOUTH AND INTERNATIONAL STUDENTS

Let's Connect Over Community Lunch!

Every Tuesday in May from 1:00 pm to 3:00pm

COME SHARE A MEAL, A SMILE, AND A LANGUAGE! ENJOY DIVERSE VEGETARIAN AND ETHNIC DISHES WHILE CONNECTING WITH NEIGHBORS WHO SPEAK HINDI, PUNJABI, GUJARATI, BANGLA, URDU, TAMIL, AND MALAYALAM.



BEDFORD UNITED CHURCH
3340 SANDWICH ST., WINDSOR, ON
N9C 1B1

**PARKING AVAILABLE AT THE
BACK OF THE CHURCH
VIA RUSSELL STREET**

PLEASE RSVP BY CONTACTING US:

519-252-7447

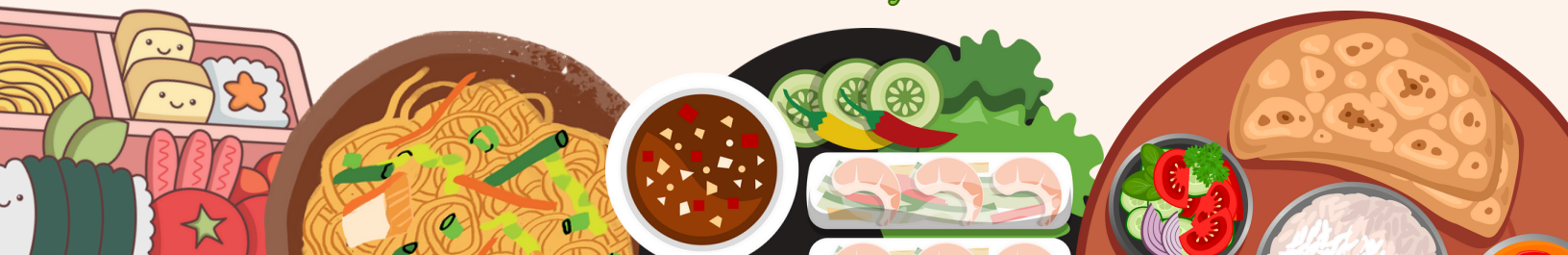
INFO@SACWIN.ORG



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COMMUNITY BENEFITS PLAN

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Free!



Painting Class

For Newcomers, Seniors and Youth

Hosted by Maryam Safarzadeh

Join our painting class and discover the artist within.

All skill levels welcome!

Supplies provided!

Every Wednesday from 5:30 pm to 7:00 pm

3340 Sandwich St., Windsor, ON | Bedford United Church

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To register:
phone: 519-252-7447 | email: info@sacwin.org

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