

# Newcomer Youth Leadership Development Program



## OCTOBER 2024 CALENDAR

**OCT 3**  
4:30PM – 6:30PM

### Yoga

Join us for a rejuvenating yoga session for all levels! Unwind and connect with your body and mind in a serene environment. Bring your mat and an open heart!

**OCT  
7, 21, 28**  
4:30PM-6:00PM

### Friends Club

Dive into languages every Monday at our Friends Club! Practice English or French in a friendly atmosphere and enjoy engaging conversations. All levels are welcome!

**OCT 10**  
5PM – 6PM

### Volleyball

Get ready to serve, set, and spike! Join our volleyball sessions for fun and friendly competition, whether you're a pro or just starting out.

**OCT 17**  
5PM – 6PM

### Cycling

Join us for an energizing indoor spin class! Get your heart racing and boost your fitness while cycling to upbeat music in a motivating atmosphere. All levels are welcome—let's ride together!

**OCT 18**  
4:30PM – 6PM

### How to : Makeup

Discover the art of makeup in our Intro to Makeup Class! Learn essential techniques and unleash your creativity in a welcoming environment.

**OCT 24**  
5PM – 6PM

### Meditation

Find your inner peace in our meditation sessions. Explore various techniques to center your mind and spirit—everyone is welcome!

**OCT 31**  
5PM – 6PM

### Halloween Party

Get ready for a hauntingly good time at our Halloween Party in the Youth Lounge! Dress up and enjoy thrilling activities, spooky snacks, and a classic Halloween movie. Don't miss out on the fun!

**To register and for more information,**  
please call, text, email, or send us a WhatsApp/Instagram message

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