



MCAF Wellness Activities



Activity / Room	Day and Time	
10-10-10 Stretch for 10 min Gym	10:10am	Mondays
		Tuesdays
		Wednesdays
		Thursdays
		Fridays
Auricular Acupuncture Room 138	12-1pm	Mondays
Yoga with Women Room 138	4:30-5:30pm	Tuesdays
Art with Women Room 138	2:30-4:30pm	Wednesdays
Men Indoor Soccer Gym	6-8pm	Thursdays
Board Games & English Conversations 55+ Room 216	2:30 -5:00 pm	Thursdays Dec 5, 12&19, 2019
Zumba for everyone Room 138	4-5pm	Fridays
Felting Room 138	5:15-7:15pm	Fridays
Sewing Room 216	1-2pm	Saturdays

For more information, please contact: MCAF
Settlement Worker Doaa Mahmoud



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