

As of January 6th, 2025

www.centrebienvenue.org 



Centre Bienvenue–WINTER 2025



www.facebook.com/centrebienvenue

Monday

Tuesday

Wednesday

Thursday

Friday

Opening Hours


Mon: 9:30-3pm
Tues: 9:30-3pm
Wed: 9:30-5pm
Thurs: 12:30-7pm
Friday: 9:30-3pm



Join us and spend some time at the Café Transit!

Expressive Writing
10am-11am



Cafe Transit 
Open every day
Coffee & Snacks



Movies
10:00am-12:00pm



Group Discussion
1:30pm-2:30pm



Board Games
10am-11:30am



Exercise Class
11:30pm to 12:30pm
Starts 13/01/25



Natural Products
Workshop bi-weekly
10:30am-11am



Community Lunch
12pm-12:30pm



2\$

Karaoke
3pm – 4pm



Social Dance
1:30pm-2:30pm



Voice Hearers
13pm – 14pm
Please call to join

Light Yoga, bi-weekly
10:30am-11am



Creative Art
1pm - 2:30pm



Community Dinner
5pm - 5:30pm

2\$



Quiz Radio 101
1:30pm – 2:45pm



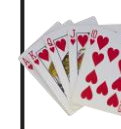
Floor Hockey
1:30pm - 3pm
Kirkland Arena
Leave center at 1pm



Musical Creation
2:45pm - 3:15pm



Ping-pong, various
Games



5:30pm-7pm

TRANSIT
vers l'emploi
PAAS program to help integrate into workforce (French)

In Collaboration: CSMB
Mon. to Friday
8:30AM - 12:30PM



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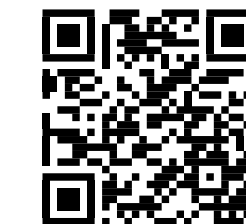
À partir du 6 janvier 2025

Centre Bienvenue – L'hiver 2025

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Lundi

Mardi

Mercredi

Jeudi

Vendredi

Heures

d'Ouverture

Lundi: 9h30-15h

Mardi: 9h30-15h

Merc: 9h30-17h

Jeudi: 12h30-19h

Vend: 9h30-15h



Venez passer du temps au Café Transit!

Écriture expressive
10h-11h



Café Transit

Ouvert tous les jours

Café et collations



Films
10h-12h



Groupe de discussion
13h30-14h30



Jeux de société
10h00-11h30



Cours d'exercice
11h30 – 12h30
Commence 13/01/2025



Produits naturels :
une semaine sur deux
10h30-11h



Dîner collectif
12h-12h30



2\$

Karaoqué
15h - 16h



Danse Sociale
13h30- 14h30



Entendre des voix
13h - 14h
Appeler pour se joindre

Yoga Léger
Toutes les deux
semaines
10h30-11h



Art créatif
13h - 14h30



Souper communautaire
17h - 17h30

2\$



Quiz Radio 101
13h30 – 14h45



Hockey
13h30 -15h
à l'Arèna Kirkland
départ du centre 13h



Création musicale
14h45-15h15



Ping-pong &
autre activités variés
17h30 – 19h



40^e

centre
BIENVENUE
1978-2018



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