

More Upcoming Events

Just 4 Girls Make Friends Learn Skills

We meet every other week to do fun activities and workshops, like hot yoga, cooking, art projects, self-defence, rock climbing, pottery, baking, and more.

We are planning our gala night out at The Grand for April. What we do when we meet is up to the young women who come to the group.

Community Volunteer Income Tax Program

Now booking appointments to complete 2018 tax returns

Registration Forms for the Easter Egg Hunt and the Pocket-Sized Farms Day Camp will be available at the March Break Seed Planting Party on March 13th.

March Break Seed-Planting Party

This fun March Break event is open to all children 5-12.

Youth are welcome to volunteer.

Registration is required.

Please call the office to register. 519-438-8676

We will have a workshop for parents at the same time for those who would like to stay close by for tea/coffee and refreshments.

Community Dinners

The LIFE*SPIN Community Dinners give us a chance to get together for delicious food and conversation. We all prepare a nutritious meal together and everyone leaves with the recipe and base ingredients to try it at home.

All ages—All welcome
Wednesdays @ 5:30

January 30
February 27
March 27

Youth Job Fair For Summer Jobs

If you are interested in working on one of our environmental sustainability projects this summer, please come to our job fair. Bring your resume.

March 11 @ 1:00

Registered Education Savings Plans

With the recent cuts to student funding for post-secondary education, it is now even more critical that you open an RESP to access free money available for your child's future education. Come find out how.

March 13 @ 1:30

LIFE SPIN

866 Dundas Street
London, ON N5W 2Z7

519—438—8676

Spin Cycle Issue 29 February 2019



COMMUNITY BREAKFAST

Stop by the LIFE*SPIN
Living Room before
heading to the Free
Store to shop.

Breakfast is served
from 10:00 to 11:00

February 11

February 25



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FREE STORE

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FREE Friday s

Friday Night Coffee House:

A great evening and one of
London's best-kept secrets,
with talented local musicians.
Come on in and warm your
heart with lively music &
great folks.

A splendid evening for all
ages. Friday evening from
7:00 to 9:00 p.m.

February 1st

March 1st

April 5th

**Beat the cold temperatures this winter by
visiting our Free Store and browsing our
lavish selection of good quality winter
clothing and footwear!**

**Ask about our special household items
ranging from Towels, Blankets, Dishes to
Small Appliances. Some toiletries are
available to help you get through the month.**

**Entertain the children with a great selection
of books, games, toys and puzzles.**

Don't delay; drop in to the Free Store Now!

**Free Store is open on Monday and Wednesday
from 10 to 2 and on Tuesdays from 3 to 7.**

LIFE*SPIN