



Monday	Tuesday	Wednesday	Thursday	Friday
Easter Monday! Centre Closed	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Garlic Parmesan Cauliflower</i> 2:30 Bingo	11:15 Words to live by <i>Forgiveness</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Cognitive Game <i>April IQ</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Wooden Bird House-Part 1</i>	10:30 Sip & Chat 11:15 Chef's Corner <i>Tofu Stir Fry</i> 12:30 Healthy Choices 1:30 Tech Corner 2:15 Travelogue
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Trivia	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Nutella Muffins</i> 2:30 Discuss and Recall	11:15 Safety Talk <i>Community Safety</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Wooden Bird House-Part 2</i>	10:30 Sip & Chat 11:15 Chef's Corner <i>Chicken Corn Soup</i> 12:30 Healthy Choices 11:30 Activity Club <i>Community Animal Shelter Visit</i> 1:30 Ted Talk 3:00 Movie Matinee
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Guilford Mall Walk</i> 1:30 Karaoke Sing-along	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Loaded Nachos</i> 2:30 Bingo	10:30 Card Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Jeopardy	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Clothespin Birds</i>	10:30 Sip & Chat 11:15 Chef's Corner <i>Chaina Massala</i> 12:30 Healthy Choices 1:30 Ted Talk 2:30 Monthly Awareness <i>Earth Day</i>
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Lafarge Lake</i> 1:30 Music Appreciation	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Pecan Pie Brownies</i> 2:30 Discuss and Recall 3:15 Tech Corner	11:15 Mental Aerobics <i>Change the first letter</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Dahlia Paper Flowers</i>	10:30 Sip & Chat 11:15 Chef's Corner <i>Mexican Pasta</i> 12:30 Healthy Choices 1:30 Educational Session <i>Neuroplasticity of the brain Overview</i> 2:15 Trivia
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>NW Community Walk</i> 1:30 Music Jam	 <h1 style="margin: 0;">APRIL 2018</h1> <h2 style="margin: 0;">Strive Centre Headway</h2>			

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Cinnamon Coffee Cake</i> 2:30 Bingo	<p>2</p> 11:15 Words to live by <i>Gratitude</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Cognitive Game <i>Spring IQ</i>	<p>3</p> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>3D Paper Tulips</i>	<p>4</p> 10:30 Sip & Chat 11:15 Chef's Corner <i>Tuna Casserole</i> 12:30 Healthy Choices 1:30 Tech Corner 2:15 Travelogue
<p>7</p> 10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>NAOSH Open House HO</i> 1:30 Music Trivia	<p>8</p> 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Chicken Ranch Wraps</i> 2:30 Discuss & Recall	<p>9</p> 11:15 Safety Talk <i>Home Safety</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	<p>10</p> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Canvas Painting</i>	<p>11</p> 10:30 Sip & Chat 11:15 Chef's Corner <i>Kimchi Fried Rice</i> 12:30 Healthy Choices 1:30 Bean Bag Toss 2:30 Monthly Awareness <i>Mental Health</i>
<p>14</p> 10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke Sing-along	<p>15</p> 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Blueberry Crisp</i> 2:30 Bingo	<p>16</p> 11:15 Mental Aerobics <i>Verb Generation</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Cognitive Games	<p>17</p> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Wood Slice Flowers</i>	<p>18</p> 10:30 Sip & Chat 11:15 Chef's Corner <i>Chicken/Broccoli Alfredo</i> 12:30 Healthy Choices 11:30 Activity Club <i>Community Animal Shelter Visit</i> 3:00 Movie Matinee
<p>21</p> Victoria Day Centre Closed	<p>22</p> 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Shrimp Avocado Salad</i> 2:30 Discuss & Recall	<p>23</p> 10:30 Card Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	<p>24</p> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Blow Painting</i>	<p>25</p> 10:30 Sip & Chat 11:15 Chef's Corner <i>Mushroom Stroganoff</i> 12:30 Healthy Choices 1:30 Educational Session <i>Neuroplasticity of the brain</i> <i>Can the brain be rewired</i> 2:15 Trivia
<p>28</p> 10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Burnaby Community Walk</i> 1:30 Music Jam	<p>29</p> 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Choc Pretzel Bars</i> 2:30 Bingo 3:15 Tech Corner	<p>30</p> 11:15 Mental Aerobics <i>Pass it on</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Jeopardy	<p>31</p> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Handprint keepsakes</i>	

Monday

Tuesday

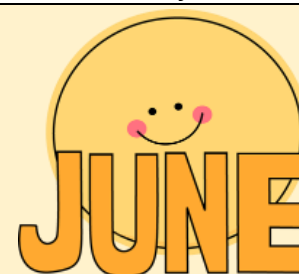
Wednesday

Thursday

Friday

JUNE

Strive Centre Headway



10:30 Sip & Chat **1**
 11:15 Chef's Corner
Thai Pineapple Chicken Curry
 12:30 Healthy Choices
 1:30 Tech Corner
 2:00 Travelogue

10:30 Board Games 4 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Cloverdale Museum</i> 1:30 Music Trivia	10:30 Coffee Klatch 5 11:30 Chair Yoga 12:45 Bake & Taste <i>S'more Cookies Cups</i> 2:30 Discuss & Recall	11:15 Words to live by 6 <i>Kindness</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 7 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Color Therapy</i>	10:30 Sip & Chat 8 11:15 Chef's Corner <i>Beef Enchiladas</i> 12:30 Healthy Choices 1:30 Ted Talk 2:30 Bean Bag Toss
10:30 Board Games 11 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke Sing-along	10:30 Coffee Klatch 12 11:30 Chair Yoga 12:45 Cook & Taste <i>Lemon Garlic Orzo</i> 2:30 Bingo	Annual ABI Awareness BBQ 13 12-3pm Queen's Park NW *Centre closed on this day*	10:30 Helping Hands 14 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Button Tree – Part 1</i>	10:30 Sip & Chat 15 11:15 Chef's Corner <i>Jambalaya</i> 12:30 Healthy Choices 11:30 Activity Club <i>Community Animal Shelter Visit</i> 1:30 Bean Bag Toss 3:00 Movie Matinee
10:30 Board Games 18 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Bear Creek Garden</i> 1:30 Name That Tune	10:30 Coffee Klatch 19 11:30 Chair Yoga 12:45 Bake & Taste <i>Lemon Sugar cookies</i> 2:30 Discuss & Recall	10:30 Card Games 20 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	10:30 Helping Hands 21 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Button Tree – Part 2</i>	10:30 Sip & Chat 22 11:15 Chef's Corner: <i>Mushroom Bundles</i> 12:30 Healthy Choices 1:30 Ted Talk 2:30 Monthly Awareness <i>Brain Injury</i>
10:30 Board Games 25 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Port Moody Community Walk</i> 1:30 Music Jam	10:30 Coffee Klatch 26 11:30 Chair Yoga 12:45 Cook & Taste <i>Asparagus Quiche</i> 2:30 Bingo 3:15 Tech Corner	11:15 Mental Aerobics 27 <i>Word Generation</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Jeopardy	10:30 Helping Hands 28 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Paper Mache Craft</i>	10:30 Sip & Chat 29 11:15 Chef's Corner <i>Cajun Shrimp Orecchiette</i> 12:30 Healthy Choices 1:30 Educational Session <i>Neuroplasticity of the brain</i> <i>Can the brain be rewired</i> 2:15 Trivia