

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
|  Centre Closed! | 10:30 Coffee Klatch 3 11:30 Chair Yoga 12:45 Bake & Taste <i>Lemon Meltaways</i> 2:30 Jeopardy | 11:15 Conversation 4 Starters 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo | 10:30 Helping Hands 5 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Sponge Print Butterflies</i> | 10:30 Sip & Chat 6 11:15 Chef's Corner (CLP) <i>Black Bean Corn Quesadillas</i> 12:30 Healthy Choices 1:30 Drama Club <i>Lights, Camera Action!</i> 2:30 Building Pathways |
| 10:30 Card Games 9 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Appreciation | 10:30 Coffee Klatch 10 11:30 Chair Yoga 12:45 Cook & Taste <i>Potato Skins</i> 2:30 Bingo | 11:15 OHS Talk 11 <i>Missing Individual Drill</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Random IQ | 10:30 Helping Hands 12 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Egg Carton Tea Cups</i> | 10:30 Sip & Chat 13 11:15 Chef's Corner (CLP) <i>Spaghetti with Tomato Sauce</i> 12:30 Healthy Choices 11:30 Activity Club <i>Picnic at Como Lake</i> 1:30 Ted Talks 3:00 Movie Matinee |
| 10:30 Card Games 16 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Picnic at Rocky Point</i> 1:30 Movies Greece | 10:30 Coffee Klatch 17 11:30 Chair Yoga 12:45 Bake & Taste <i>Blueberry Lime Bars</i> 2:30 Jeopardy | 10:30 Board Games 18 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo | 10:30 Helping Hands 19 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Felt Flowers</i> | 10:30 Sip & Chat 20 11:15 Chef's Corner (CLP) <i>BBQ Chicken Salad</i> 12:30 Healthy Choices 1:30 How many words? 2:30 Building Pathways |
| 10:30 Card Games 23 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Deer Lake</i> 1:30 Music Trivia | 10:30 Coffee Klatch 24 11:30 Chair Yoga 12:45 Cook & Taste <i>Pizza Rolls</i> 2:30 Bingo | 11:15 Brain Games 25 <i>Addagrams</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Random IQ | 10:30 Helping Hands 26 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Rainbow Jelly Fish Craft</i> | 10:30 Sip & Chat 27 11:15 Chef's Corner (CLP) <i>Tuna Delicious Pasta</i> 12:30 Healthy Choices 1:30 Educational Session <i>Virus vs Bacteria – The difference</i> 2:15 Trivia |
| 10:30 Card Games 30 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Pier Park Walk</i> 1:30 Music Jam | 10:30 Coffee Klatch 31 11:30 Chair Yoga 12:45 Bake & Taste <i>Glazed Lemon Muffins</i> 2:30 Jeopardy |  <h1 style="color: red; margin: 0;">JULY</h1>  <p style="font-size: 1.2em; font-weight: bold; margin: 0;">Strive Centre Headway</p> | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
|  <p>AUGUST 2018 Strive Centre Headway</p> | | 11:15 Conversation Starter 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>Plastic Wrap Water Color</i> | 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Beef Stir Fry</i> 12:30 Healthy Choices 1:30 Drama Club <i>The Little Mermaid</i> 2:30 Building Pathways |
| BC Day Centre Closed! | | 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Egg Muffins</i> 2:30 Bingo | 11:15 OHS Talk <i>Violent Incident Drill</i> 12:45 Shopping Club 1:30 Random IQ | 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Pipe Cleaner Peacock</i> |
| 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Appreciation | 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Salted Caramel Brownies</i> 2:30 Jeopardy | 11:15 Brain Games <i>Liar's Logic</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>Star Garden Mobile</i> | 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Tofu Noodle Soup</i> 12:30 Healthy Choices 11:30 Activity Club <i>Burnaby Mountain</i> 1:30 How Many Words? 3:00 Movie Matinee |
| 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Barnet Park Picnic</i> 1:30 Music Trivia | 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Crunchy Taco Cups</i> 2:30 Bingo | 10:30 Board Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Random IQ | 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Sharpie Painting Craft</i> | 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Ham Tetrazzini</i> 12:30 Healthy Choices 1:30 Caption This 2:30 Building Pathways |
| 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Westminster Quay</i> 1:30 Music Jam | 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Oatmeal Raisin Cookies</i> 2:30 Jeopardy | 11:15 Brain Games <i>Word Search</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Random IQ | 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Shell Hair Pins & Galaxy Painted Shells</i> | 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Chinese Chicken Fried Rice</i> 12:30 Healthy Choices 1:30 Educational Session <i>Virus vs Bacteria</i> <i>Misconception & Facts</i> 2:15 Trivia |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Labour Day Centre Closed! | 4 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Mac & Cheese</i> 2:30 Bingo | 5 11:15 Conversation Starter 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo | 6 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Geometric Art</i> | 7 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Broccoli/Cheddar Soup</i> 12:30 Healthy Choices 1:30 Drama Club <i>See You at the Movies!</i> |
| 10:30 Card Games 10 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Appreciation | 11 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Coconut Cream Pie</i> 2:30 Jeopardy | 12 11:15 OHS Talk <i>Fire Drill</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Random IQ | 13 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Mosaic Tile Pots</i> | 14 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Beef Mac & Cheese</i> 12:30 Healthy Choices 11:30 Activity Club <i>Eagle Quest – Mini Golf</i> 1:30 How Many Words? 3:00 Movie Matinee |
| 10:30 Card Games 17 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Picnic at Bear Creek</i> 1:30 Music Trivia | 18 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Potato Fritters</i> 2:30 Bingo | 19 10:30 Board Games 12:00 Members' Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo | 20 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Canvas Marble Painting</i> | 21 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Bacon Risotto</i> 12:30 Healthy Choices 1:30 Ted Talks 2:30 Building Pathways |
| 10:30 Card Games 24 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Pumpkin Spice Walk</i> 1:30 Music Jam | 25 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Pumpkin Scones</i> 2:30 Jeopardy | 26 11:15 Brain Games <i>Cryptologic</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Random IQ | 27 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Paper Leaf Garland</i> | 28 10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Black Bean & Salsa Soup</i> 12:30 Healthy Choices 1:30 Educational Session <i>Virus vs Bacteria</i> <i>Preventive Measures</i> 2:15 Trivia |



Strive Centre Headway September 2018

