
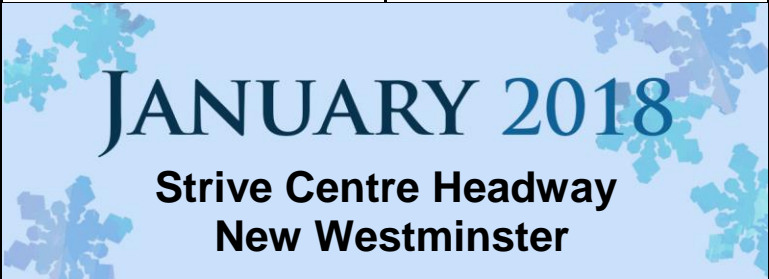


Monday	Tuesday	Wednesday	Thursday	Friday
	10:30 Coffee Social 2 11:30 Chair Yoga 12:45 Chef's Corner <i>Cabbage Roll Soup</i> 2:30 Trivia: <i>New Year Traditions</i>	11:15 Words to live by 3 <i>Understanding</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	4 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Hot Chocolate Mugs</i>	5 10:30 Coffee Chat 11:15 Cooking Class <i>Beef & Barley Soup</i> 12:30 Healthy Choices 1:15 Bean Bag Toss 2:00 Computer Class: <i>How to use Skype (D)</i>
8 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Trivia	9 10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Avocado Brownies</i> 2:30 Bingo	10 11:15 OHS <i>Winter Safety</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Spelling Bee	11 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Stone Candle Holders</i>	12 10:30 Coffee Chat 11:15 Cooking Class <i>Broccoli Onion Pie</i> 12:30 Activity Club <i>Pet Therapy</i> 1:30 Trivia 3:00 Movie & Popcorn
15 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Trip to Ikea</i> 1:30 Music Appreciation	16 10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Grilled Cheese Tomato Bisque</i> 2:30 Mental Aerobics	17 11:15 Cranium Crunches <i>What Comes Next</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	18 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Show Flakes</i>	19 10:30 Coffee Chat 11:15 Cooking Class <i>Meatballs in dill sauce</i> 12:30 Healthy Choices 1:30 Mad Libs 2:15 Trivia: <i>Martin Luther King Day</i>
22 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Lougheed Mall - SkyTrain</i> 1:30 Music Trivia	23 10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Chocolate Energy Bites</i> 2:30 Bingo	24 10:30 Table Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Jeopardy	25 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Photo Candles</i>	26 10:30 Coffee Chat 11:15 Cooking Class: <i>Parmesan Chicken Bites</i> 12:30 Healthy Choices 1:30 Educational Session <i>Self Determination</i> 2:15 Trivia
29 10:30 Card Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Surrey Art Gallery</i> 1:30 Music Jam	30 10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Pasta Carbonara</i> 2:30 Mental Aerobics 3:15 Tech Corner	31 11:15 Cranium Crunches <i>100 in a Row</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Would You Rather	 <h1>JANUARY 2018</h1> <p>Strive Centre Headway New Westminster</p>	

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 2018

**Strive Centre Headway
New Westminster**

<p>10:30 Card Games 5 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke style Sing Along</p>	<p>10:30 Coffee Social 6 11:30 Chair Yoga 12:45 Baker's Corner <i>Chocolate Covered Strawberries</i> 2:30 Bingo</p>	<p>11:15 Words to live by 7 <i>Compassion</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Trivia: <i>St. Valentine</i></p>	<p>10:30 Helping Hands 1 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Cupid's Arrow Treats</i></p>	<p>10:30 Coffee Chat 2 11:15 Cooking Class <i>Spaghetti with tomato sauce</i> 12:30 Healthy Choices 1:30 Computer Class: <i>How to use Social Media (S)</i> 2:15 Trivia: <i>Groundhog Day</i></p>
<p>10:30 Card Games 5 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke style Sing Along</p>	<p>10:30 Coffee Social 6 11:30 Chair Yoga 12:45 Baker's Corner <i>Chocolate Covered Strawberries</i> 2:30 Bingo</p>	<p>11:15 Words to live by 7 <i>Compassion</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Trivia: <i>St. Valentine</i></p>	<p>10:30 Helping Hands 8 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Valentine's Love Bugs</i></p>	<p>10:30 Coffee Chat 9 11:15 Cooking Class <i>Cheesy Avocado Quesadillas</i> 12:30 Healthy Choices 12:30 Activity Club <i>Pet Therapy</i> 1:30 Trivia 3:00 Movie & Popcorn</p>
<p>Family Day Centre Closed! 12</p>	<p>10:30 Coffee Social 13 11:30 Chair Yoga 12:45 Chef's Corner <i>Pierogis Casserole</i> 2:30 Jeopardy</p>	<p>11:15 OHS Drills/Policies 14 <i>Power Outage</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Valentine's Day Treasure Hunt</p>	<p>15 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Organizer Craft</i></p>	<p>16 10:30 Coffee Chat 11:15 Cooking Class <i>Beef Noodle Stir Fry</i> 12:30 Healthy Choices 1:30 World Cultures 2:15 Trivia: <i>Chinese New Year</i></p>
<p>10:30 Card Games 19 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Charlie's Chocolate Fact.</i> 1:30 Music Appreciation</p>	<p>10:30 Coffee Social 20 11:30 Chair Yoga 12:45 Baker's Corner <i>Raisin Bran Muffins</i> 2:30 Bingo</p>	<p>10:30 Table Games 21 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Would You Rather</p>	<p>22 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Tape Canvas Painting</i></p>	<p>23 10:30 Coffee Chat 11:15 Cooking Class: <i>Mexican Tortilla Skillet</i> 12:30 Lunch & Learn 1:30 Educational Session Recognize and Utilize Talents and Skills 2:15 Trivia</p>
<p>10:30 Card Games 26 11:45 Tai Chi 12:30 Toonie Lunch 12:45 Activity Club <i>Neighborhood Winter Walk</i> 1:30 Music Jam</p>	<p>10:30 Coffee Social 27 11:30 Chair Yoga 12:45 Chef's Corner <i>Bacon & Split Pea Soup</i> 2:30 Mental Aerobics 3:15 Computer Tutorials</p>	<p>28 11:15 Cranium Crunches <i>Pass it on</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p><i>Happy Valentine's Day</i></p> 	

Monday

Tuesday

Wednesday

Thursday

Friday

MARCH

<p>10:30 Card Games 5 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Central City Library</i> 1:30 Karaoke Style Sing Along</p>	<p>10:30 Coffee Social 6 11:30 Chair Yoga 12:45 Chef's Corner <i>Cottage Pie</i> 2:30 Bingo</p>	<p>11:15 Words to live by 7 <i>Resilience</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Spelling Bee Competition</p>	<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Dahlia Paper Flowers</i></p>	<p>10:30 Coffee Chat 2 11:15 Cooking Class <i>Honey Garlic Chicken</i> 12:30 Healthy Choices 1:15 Bean Bag Toss 2:00 Computer Class (D) <i>How to use Google</i></p>
<p>10:30 Card Games 5 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Central City Library</i> 1:30 Karaoke Style Sing Along</p>	<p>10:30 Coffee Social 6 11:30 Chair Yoga 12:45 Chef's Corner <i>Cottage Pie</i> 2:30 Bingo</p>	<p>11:15 Words to live by 7 <i>Resilience</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Spelling Bee Competition</p>	<p>10:30 Helping Hands 8 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Rainbow Tube Hangers</i></p>	<p>10:30 Coffee Chat 9 11:15 Cooking Class <i>Ratatouille</i> 12:30 Healthy Choices 12:30 Activity Club <i>Pet Therapy</i> 1:30 Trivia 3:00 Movie Matinee</p>
<p>10:30 Card Games 12 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Trivia</p>	<p>10:30 Coffee Social 13 11:30 Chair Yoga 12:45 Baker's Corner <i>Lucky Charm Rice Krispies</i> 2:30 St. Patrick's WG</p>	<p>11:15 OHS 14 <i>Full Fire Drill</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p>10:30 Helping Hands 15 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Leprechaun Hats</i></p>	<p>St. Patrick & Spring Party! 11-3 PM</p>
<p>10:30 Card Games 19 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Cherry Blossom Walk</i> 1:30 Music Appreciation</p>	<p>10:30 Coffee Social 20 11:30 Chair Yoga 12:45 Chef's Corner <i>Chick Pea Wraps</i> 2:30 Bingo</p>	<p>10:30 Table Games 21 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Jeopardy</p>	<p>10:30 Helping Hands 22 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Twine Carrots</i></p>	<p>10:30 Coffee Chat 23 11:15 Cooking Class: <i>Smoky Chicken Quesadillas</i> 12:30 Lunch & Learn 1:30 Educational Session Adjusting to change/Life Transition 2:15 Trivia</p>
<p>10:30 Card Games 26 11:45 Tai Chi 12:30 Toonie Lunch 12:45 Activity Club <i>Deeley Exhibition</i> 1:30 Music Jam</p>	<p>10:30 Coffee Social 27 11:30 Chair Yoga 12:45 Baker's Corner <i>Easter Bakers' Cake</i> 2:30 Jeopardy 3:15 Computer Tutorials</p>	<p>11:15 Cranium Crunches 28 <i>Fill in the Blanks</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p>10:30 Helping Hands 29 11:15 Bowling (CLP) 11:30 Fitness & Fun 2:00 Me, Myself & Art <i>Bunny Pots</i></p>	<p>Good Friday! Centre Closed!</p>