

# Strive Centre

## Fall 2017 Programs

### October 2<sup>nd</sup> – December 22<sup>nd</sup>

Hours Open: Monday - Friday 10 am – 5 pm

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### Leisure Expressions

#### **Board & Card Games**

Play your favorite board, card or video game with others in the centre. Supplies and games will be out, so come choose your game!

Dates: **Thursday's 1:00-2:00pm** \*Bingo played at 1:30pm on Thursday\* **PRIZES\***

**Friday's 11:00 – 12:00pm**

Drop-in

#### **Brain Exercises**

Explore in-center brain fitness activities to help exercise your memory, concentration, multi-tasking, problem solving and other cognitive functions. Free resources will be available for use at home and on your phone.

Dates: **Wednesday's, 2:00-3:00pm**

Drop-in

#### **Card Making**

Create cards to share with loved ones for the special occasions and seasons this fall. All supplies provided!

Dates: **Friday's 11:00-12:00pm**

Drop-in

#### **Coffee Connection**

This is an opportunity for casual or focused conversations. Share a newspaper article or topic of choice to start conversation. Or simply have a coffee and enjoy the company. Just bring yourself!

Dates: **Wednesday's 10:00 - 11:00am**

**Friday's 10:00-11:00am**

Drop-in

**Bring cash/debit** for your own beverage if the group goes out to a local café (water is always FREE). **Optional:** Bring your knitting, cards, doodles, books, newspapers, etc. – whatever makes you feel comfortable to chat with others.

### Seasonal Crafter's Corner

Enjoy crafting and creating? Join our special seasonal-themed crafters group, creating crafts for craft fair season Explore your crafty skills in our friendly and all-levels environment.

Dates: **Friday's 12:00-2:00pm**

Drop-in

### Pet Therapy

Meet Tigger, the friendly therapy dog visiting the Strive Centre each week. Tigger and his owner Laura are from Leash of Hope Assistance Dogs.

Dates: **Wednesday's, 1:00-2:00pm**

Drop-in

### Expressive Arts

Have fun expressing yourself! In this program we explore puppet-making, improv, charades and theatre.

Dates: **Thursday's, 3:30-4:30pm**

Drop-in

### Film & Media

Short films, videos and other media are viewed and reviewed by this film enthusiasts group. Join us for conversation on the themes and stories behind our featured media of the day. Popcorn is included.

Dates: **Monday's 1:00-2:00pm & Friday's 1:00-2:00pm**

Drop-in

### Gardening

Join us outside at our Strive Centre garden, located a 5 minute walk from the centre. With partially raised bed and lots of veggies to tend to, there is enough work to go around! All are welcome, even to enjoy tea in the garden while we tend to it. We will also explore neighboring parks and gardens for inspiration. **We welcome all new and "seasoned" gardeners.**

**Accessibility Info:** The garden bed is raised, and a path is accessible by wheelchair when mud is not present. There are two benches nearby for rest. The skytrain and construction is very close, which can be loud at times.

We usually bring an urn of tea (sometimes with fresh herbs from the garden!)

Dates: **Wednesday's 10:30-12:00pm & Friday's 10:30-12:00pm**

Drop-in

## **Karaoke**

Join other music lovers for a fun time singing karaoke. Sing along, choose your songs, and cheer others on! For the pure enjoyment of music.

Dates: **Wednesday's 3:30-4:30 & Friday's, 3:30-4:30pm**

Drop-in

## **Mindful Art**

Join us as we practice mindfulness through art and creativity. We will learn different techniques of appreciating or creating art using mindfulness practice. You will create and colour mandalas, enjoy nature-inspired creative arts projects, and explore other art practices. Mindfulness will be explored through mindful music, short meditations, visualizations and sensory stimulation.

Dates: **Wednesday's 1:00-2:00pm**

Drop-in

## **Music**

Join other musical enthusiasts to create songs, sing along, or just listen in! For the pure enjoyment of music.

Dates: **Tuesday's 3:30-4:30pm & Friday's, 3:00-3:30pm**

Drop-in

*Bring an instrument if you have one! We have acoustic guitars, electric piano, shakers, tambourines, and hand drums.*

## **Paint 2 Canvas**

Give painting a go! Experience the joy of painting, whether you are new or experienced. This is the time to start expressing yourself through art.

Dates: **Monday's, 12:00 - 1:00pm**

Drop-in

## **Pool Players Club**

Practice your skills or learn the basics of billiards! This friendly club welcomes anyone new or experienced. Play friendly games with others, and get ready for an upcoming Strive Centre Pool Tournament!

Dates: **Thursday's, 2:30-3:30pm**

Drop-in

## **Vancouver Adventures/ Special Events**

See the dedicated "Vancouver Adventures/ Special Events" section for more information on the types of events and activities that take place.

Dates: **Thursday's 12:00-1:00 (or later)**

**Registration is Required** for all our Outing activities. Please RSVP in advance.

All participants will be asked to complete a Community Outing Safety and Group Guidelines Form\* before attending community outings.

*\*Participants must be fully independent in personal-care, community safety and behaviour management, or have a support person present for duration of community activity.*

## Healthy Living

### **Breakfast Club**

Start your morning off with a healthy, delicious breakfast. Drop into the Strive Centre to make your own breakfast with coaching from staff, and enjoy your meal with us. Note the kitchen is closed at 11:30, so come early!

Dates: **Tuesday's 10:00-11:00am & Thursday's 10:00-11:00am**

Drop-in

### **1:1 Cooking Lessons**

Would you like to improve or practice your cooking skills in a 1:1 setting? Set an appointment with our Recreation Facilitator Sarah to learn the basics of cooking, kitchen safety, creating balanced meals, or meal planning goals.

Dates: **Thursday's, 1:00-3:00pm**

**By appointment only.**

### **Cooking Level 2**

Following mastery of basic kitchen safety and cooking skills, take it to the next level with Cooking Level 2! You will be working on more complex recipes using substitutes where appropriate, practicing knife, measuring and stove skills. A small meal will also be enjoyed together.

Dates: **Wednesday's, 2:00-3:30pm**

**Registration only** to maximum of 5 participants. The group will be open for new registrants Oct. 4<sup>th</sup> and Nov. 15<sup>th</sup>. No drop-in spaces are available due to required skill levels.

### **Multi-Cultural Holiday Cooking**

Come explore the international cuisine with a whisk in hand and an open mind. Learn to cook traditional festive meals from around the globe. Recipes can be taken home, and a small meal is provided at the end of the program. *New recipe suggestions are always welcome.*

Dates: **Friday's, 2:30 - 4:00pm**

**Registration only** to maximum of 5 participants. The group will be open for new registrants Oct. 6<sup>th</sup> and Nov. 17<sup>th</sup>. Drop-in spaces may be available.

### **Seasonal Cooking**

What seasonal foods can you incorporate into your diet? How can you eat sustainably and in

season through the Summer months? Join this program to learn, plan and to create fresh delicious meals.

Dates: **Tuesday's 1:00-2:00pm**

**Registration only** to maximum of 5 participants. The group will be open for new registrants Oct. 3<sup>rd</sup> and Nov. 14<sup>th</sup>. Drop-in spaces may be available.

### **Simply Healthy Baking**

Join this baking program to take home a new recipe and nutritional advice each week. Enjoy a nutritious and delicious treat! This program is adaptable for people of many skills or ability levels.

Dates: **Monday's, 2:00 - 3:30pm**

**Registration only** to maximum of 5 participants. The group will be open for new registrants Oct. 2<sup>nd</sup> and Nov. 13<sup>th</sup>. Drop-in spaces may be available.

### **Smoothie Hour**

Enjoy a personalized delicious smoothie! Dairy-free options will be available.

Dates: **Wednesday's, 12:00-1:00pm**

Drop-in

### **Spa Program**

Discover relaxation and self-care! You can enjoy self-massages, facials, manicures and more. Reiki on request!

Dates: **Tuesday's, 3:00-4:00pm**

Drop-in

## **Skills Development Programs**

### **Volunteer Program**

Develop skills with customer service, organizing merchandise, cleaning and money exchange.

Dates: **This is a Registration Only program.**

Contact Kandice Garcha for more information 778-370-5658

### **Employment Support Program**

Meet an employment coach to discuss your goals and job readiness skills. The program can provide 1:1 support and are individualized to your goals and needs.

Dates: **By appointment**

Contact Kandice Garcha for more information 778-370-5658

## Personal Growth

### **Conversation Club**

Want to discuss bigger topics or philosophical questions? This group is for anyone interested in the art of thoughtful discussion, and appreciate listening to other points of view. Free tea or coffee will be provided. Open to topic suggestions!

Dates: **Monday's, 10:00-11:00am**

Drop-in

### **Healthy Relationships**

Discuss and learn about topics related to creating and maintaining healthy relationships with others. Topics related to friendship, dating, sex, love, communication skills, anger management and assertiveness are discussed. All genders and orientations are welcome!

Dates: **Monday's, 3:30 - 4:30pm**

Drop-in

### **Music Therapy**

Join Carolyn, Music Therapist as she guides us through song and music using a variety of instruments! No need to be musical to join us for a fun afternoon!

Dates: **Tuesday's, 2:00-3:00pm**

Drop-in

### **Reading & Writing**

Improve your reading, writing and language skills! This group uses group reading and comprehension activities, and explores community adult education resources.

Dates: **Monday's, 2:00-3:30pm**

Registration only

### **Self-Discovery**

In this program we explore what is important to you and what your needs are through a variety of self-discovery activities. These activities are designed to help you identify community connections and supports that may better support you to reach your goals.

Dates: **Thursday's, 2:00-3:00pm**

Registration only

### **Stroke Recovery BC Chinese Language Support Group** 哥靈活華人腦中風復康小組

Meet with first language Mandarin/Cantonese community members experiencing Aphasia, do activities and exercise together.

Dates: **Monday's, 10:00 - 1:00pm**

Registration only - *This group is facilitated by Stroke Recovery BC and has a maximum # of participants.*

## Physical Fitness

### **Adapted Tai Chi**

This meditative form of exercise consists of a series of 19 movements and one pose. All low-impact and optional seated exercises.

**WHO:** This is an adaptable fitness program, accessible for anyone who use mobility equipment

Dates: **Friday's, 2:00-2:30pm (with Wayne)**

Drop-in

### **Yoga**

This adapted yoga group is great for beginners. Using stretching and breath work, you will feel more relaxed and engaged with your body when leaving this program. We also include meditation for improving attention and stress management.

**WHO:** This is an adaptable fitness program, accessible for anyone who uses mobility equipment

Dates: **Tuesday's 11:00-12:00pm & Thursday's 11:00-12:00pm**

Drop-in

### **Stretch and Strength**

Improve your posture, strength, endurance and flexibility. Focusing on low weight bearing, non-impact strength movement and a complete stretch. We will be using resistance tubing, free weights, yoga, and breathing to help begin conditioning and stretching your muscles. We track our progress and celebrate improvements!

**WHO:** This program is for individuals with some limitations in range of motion in legs and arms, and have their GP's approval for engaging in low impact isolated muscle exercises. Please speak with the Program Coordinator if you have questions or to determine your fit.

Dates: **Wednesday's 11:00-12:00pm**

Drop-in

### **Walking Club**

Achieve your health goals one step at a time! We will use pedometers to track the distance we walk and celebrate our success along the way.

**Please note:** Please be on time and bring weather-appropriate clothing, footwear and water bottle. When there is rain, we will be doing an in-centre fitness activity, for example

a vigorous stretch and strength session, dance aerobics, yoga or fitness video.

Dates: **Monday's 11:00-12:00pm**

Drop-in

### **Vancouver Adventures/ Special Events**

**Thursdays 12:00-1:00pm (or later if an outing)**

#### **Member's Meeting**

Come to our Member's Meeting for centre updates, to learn about upcoming events or programs, and to provide program feedback. These meetings are also an opportunity for registering in new or upcoming programs. Free lunch included for those who attend the meeting!

**Starts at 12:00pm, sharp!**

Dates: **Oct. 26<sup>th</sup>, Nov. 23<sup>rd</sup>, Dec. 21<sup>st</sup>**

Drop-in

#### **Pool Tournaments, Art Galleries, Beach Picnic, Picnics in the Park and more!**

New once-a-month programs are coming Strive Centre's way. Stay tuned and watch for posters and emails about upcoming special events!

Date for **Art Gallery/ Open House**: Dec. 14<sup>th</sup>, 12:30-3:30pm.

Dates for **Bowling**: Oct. 5<sup>th</sup>, Nov. 2<sup>nd</sup>, Dec. 7<sup>th</sup>, 12:00-3:00pm.

Dates for **Pool Tournament**: Oct. 12<sup>th</sup>, Nov. 16<sup>th</sup> 12:00-3:30pm.

### **Other Services**

#### **Vancouver Connections**

Receive 1:1 support to achieve your individualized goals in the community. This includes support navigating resources and information or referrals.

Book an Appointment today! Contact Melissa Wade at 778-370-5499

#### **Outreach Team**

This program provides outreach support to individuals that are referred by Community Living BC. Services and goals are developed together with the individual and are based on choice, preference and interest. Ongoing case management promotes independence and community inclusion. Please contact program manager with questions regarding this program.

#### **Customized Employment Program**

Our Employment counselor and job coaches will take you down the path of discovering your unique potential, teach you the skills needed for sustainable employment and provide support to you on the job site.

***You are welcome to casually attend the drop-in programs. If you are interested in registering for a 'Registration only' program please use the following form and hand it into Reception.***



Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_



## Program Registration Form

Fall 2017

Oct. 2<sup>nd</sup> – Dec. 22<sup>nd</sup>

Q. Would you like to be called the day before your program for a reminder? **Y or N**

Spots are limited and subject to assessment based on goal priority. Place √ beside the activity you want to join. **REGISTER TODAY!**

**PLEASE NOTE: Cooking Programs have a maximum of 5 participants, and may be full. Do not worry!** We have a second registration time for people on a waitlist. The second group will start classes the week of November 13<sup>th</sup>

### Monday

Program	Time	Special Notes	√
Stroke Recovery BC Chinese Language Support Group	Monday's 10:00-1:00	This group is for Mandarin speakers only.	
Reading & Writing	Monday's 2:00-3:30		
Simply Healthy Seasonal Baking	Monday's 2:00-3:30	If Oct. 2 <sup>nd</sup> group is full, you can register for the Nov. 13 <sup>th</sup> group.	

### Tuesday

Program	Time	Special Notes	√
Seasonal Cooking	Tuesday's 1:00-2:00	If Oct. 3 <sup>rd</sup> group is full, you can register for the Nov. 14 <sup>th</sup> group.	

### Wednesday

Program	Time	Special Notes	√
Cooking Level 2	Wednesday's 2:00-4:00	If Oct. 4 <sup>th</sup> group is full, you can register for the Nov. 15 <sup>th</sup> group.	

### Thursday

Program	Time	Special Notes	√
Vancouver Adventures/ Special Events	Thursday's 12:00-1:00 or later	*Must complete Community Outing & Guidelines and be independent in community and in the	

		centre, or bring support staff*	
1:1 Cooking Lessons	Thursday's 1:00-3:00pm	By appointment only	

## Friday

Program	Time	Registration Status	√
Multi-Cultural Holiday Cooking	Friday's 2:30-4:00	If Oct. 6th group is full, you can register for the Nov. 17 <sup>th</sup> group.	

## Other Programs or Services

Program	Time	Special Notes	√
Employment Support Program	By appointment	Dependent on capacity of program. There may be a waitlist.	
Volunteer Program	By appointment	Dependent on capacity of program. There may be a waitlist.	
Vancouver Connections	By appointment	Please list below what you would like support in achieving.	
<p><i>Please describe what you would like to work on in the above "Other Program or Services" or "1:1 Cooking Lessons"::</i></p>			
<p><i>Any questions or comments? Please write here:</i></p>			

**Please bring this Registration Form to reception when completed. Thank you!**