

Strive Centre

Winter Program List

January 3rd – March 27th 2017

Hours Open: Monday, Tuesday, Thursday and Friday 10 am – 5 pm
Wednesday 10 am – 8pm

Leisure Expressions

Brain Health Exercises & Tools

Explore free and in-center brain fitness activities to help exercise your memory, concentration, multi-tasking, problem solving and other cognitive functions. Learn about the free resources you can use at home and on your phone.

Dates: **Wednesday's 1:30-2:30pm, Friday's 1:30-2:30pm**

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!

Monday 10:00 - 11:00am (Newsletter & Letter Writing)

Wednesday 10:00 - 11:00am (News and Views Discussion)

Friday 10:00-11:00am (Local Events & Hot Topics)

Drop-in

Bring change 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.

Crafter's Corner

Enjoy crafting and creating? Join our Pinterest-board inspired group, where new projects and crafts are created each week. Explore your crafty skills in our friendly and all-levels environment.

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

Drop-in

Creative Journaling

Explore new and creative ways to express who you are, your journey, or your stories in this new all-skills program. You can make your own journal, craft a collage, or use photography to record your self-expression. Drop in to see what it is all about.

Dates: **Tuesday's, 12:00-2:00**

Drop-in

Drawing

Develop skills through the practice of drawing. Learn new techniques, explore media and styles while sketching.

Dates: **Wednesday's, 12:00-1:30**

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: **Friday's, 3:30-4:30pm**

Drop-in

Movies and Media (previously Pick-a-Flick)

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**

Drop-in

Music Jam

Join other musicians, singers and enthusiasts in this musical program. Create music, sing along, or just listen in! For the pure enjoyment of music.

Dates: **Tuesday's 3:00-4:30 & Friday's, 2:30-3:30pm**

Drop-in

Bring an instrument if you have one! We have one ¾ size Acoustic Guitar, shakers, tambourines, and drums.

Open Art and Board Games

Stick around the Strive Centre to play your favorite board/card/video games, or use your imagination in an open art session. Supplies and games will be out, so come choose your tools!

Dates: **Thursday's 1:00-3:00pm *Bingo played at 1:30pm***

Drop-in

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 - 2:00pm**

Drop-in

Textiles: The Fix-it Sessions (January only)

Do you have clothing that needs altering or repairing? This program provides an opportunity to use a sewing machine, fix zippers, replace buttons or patch holes. Please review repairs with Sarah and Katryna prior to bringing in the items. Also, if you have skills and think you can lend a hand helping others, please let Sarah or Katryna know!

Dates: **Thursday's, 3:00 - 4:30pm**

Drop-in – Please only bring clean, bug-free clothing into the centre.

Theatrics & Charades

Participate in fun theatre games to develop the skill of 'thinking-on-your-feet'. This is an opportunity to express yourself in a fun and friendly atmosphere. Be part of an audience or feel free to participate in a creative theatre space. We also play Charades, Headbanz and Cranium to get warmed up!

Dates: **Wednesday's, 3:03-4:30pm**

Drop-in

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 10:00-11:30am & Thursday's 10:00-11:30am**

Drop-in

Cooking Level 1 (previously Food for Thought)

Do you have an interest in cooking and making healthy meals on a budget? Learn new recipes that are fresh, clean and can be modified for allergies or restrictions. These meals do not require a stove and encourage independence in the kitchen. You will also learn the basics in cooking and kitchen safety, helping prepare you for Level 2. A small snack is enjoyed at the end of the program.

Dates: **Friday's, 12:30 - 2:00pm**

Registration only to maximum of 5 participants. The group will be open for new registrants to start January 2nd and February 13th.

Cooking Level 2

Following successful mastery of Level 1 kitchen safety and cooking skills, challenge yourself with the next level in the Strive kitchen! You will be working on following more complex recipes using substitutes where appropriate according to your diet, and practicing knife and stove skills (among other skills). A small meal will also be enjoyed together.

Dates: **Wednesday's, 2:00-4:00pm**

Registration only to maximum of 5 participants. The group will be open for new registrants to start January 2nd and February 13th.

Meal Planning & Shopping

Considering changing your diet but unsure of where to start? Wanting to add structure into your meals? This program will result in a fully customized meal plan according to your budget and food restrictions. When needed, the group can also go grocery shopping together to assist you in making your purchases.

Dates: **Tuesday's 2:00-3:00pm (4:00pm if shopping)**

Registration only to maximum of 5 participants. The group will be open for new registrants to start January 2nd and February 13th.

Multi-Cultural Cooking

Come explore the world's variety of meals with a whisk in hand and adventure in your heart. Learn to cook traditional 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, 2:00 - 4:00pm**

Registration only to maximum of 5 participants. The group will be open for new registrants to enter January 2nd and February 13th.

Simply Healthy Baking

Join this tasty hands-on baking program, and you will get a chance to take home a new recipe and new nutritional advice each week. We eat our treats after the program! This program is adaptable for people of many skills or ability levels.

Dates: **Monday's, 2:30 - 4:30pm**

Registration only to maximum of 5 participants. The group will be open for new registrants to start January 2nd and February 13th.

Employment Skills Programs

Volunteer Program

Learn how the skills to work in a café (and elsewhere) through training and volunteering in the central perk café! Learn how to stock shelves, do inventory and use a cash till.

Dates: **There are weekly scheduled volunteer shifts and volunteer training. This is a Registration Only program.** Contact the Employment Counsellor for more information.

Employment Support Program

Have an opportunity to meet with an employment counsellor to discuss the next step in your employment goals. Meetings are 1:1 and flexible to your goals and priorities.

Dates: **By appointment**

Registration only, please request to set an appointment with the Employment Counsellor

Money Management (previously Penny Pinching)

Learn money management, including setting a realistic budget and personal financial goals. The group discusses techniques, applies strategies and watches videos to build skills.

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

Registration only

Reading, Writing and Math

Want to improve your reading, writing and math skills? The Strive Centre wants to help you get there! What do you want to focus on?

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

Registration only

Technology and You

Interested in learning how to use a computer program or work on a short film about the Strive Centre? Want to setup an email account or improve your typing speed? How about using a smartphone to schedule reminders for you?

Completely customizable, tech topics vary by expressed interest.

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

Drop in. *Please call ahead if you are new and need assistance with something in particular.*

Personal Growth

Adapted Communication

Communication comes in many forms, for many people. If you are interested in learning how to communicate using tools such as picture/communication boards, ipad apps, American Sign Language, and other low or high-tech solutions, this group is for you. If you use alternative communication, please join us as we would love to have the chance to learn how to communicate in a way that works best for you. On occasion, we may have someone from CAYA attend to support our learning.

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

Drop in.

Communication and Social Cues

A structured social skills program using self-awareness, worksheets, discussion and role playing. This program is for anyone that can benefit from improving their understanding and appropriate responses to social cues and non-verbal communication.

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

Registration only

Healthy Relationships

Discuss and learn about topics related to healthy boundaries in friendships, partners, families and acquaintances. Also discusses sex, love and disability. All genders and orientations are welcome!

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

Registration only

Self Esteem Project

Want to feel more confident in yourself? Discover reinforcing insights into the unique and wonderful individual that you are, and discover tools that will help remind you throughout your week. You will explore your strengths, skills and character traits through creative projects and fun activities.

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

Drop In.

SKILLS Program

Understand what living with an Acquired Brain Injury can mean to you holistically. What coping mechanisms can you use and which strategies can help to continue your recovery? You will leave the SKILLS Program with a binder full of resources and valuable material.

Throughout the program, participants are encouraged to share their personal experiences and ideas through the individual and group exercises. Family and friends are welcome to attend, as they will benefit from sharing discussion with one another and from learning about strategies and resources that are available.

Dates: **Thursday's, 2:00 - 4:00pm.**

Registration-only. The group will be open for new registrants to start January 2nd and February 13th.

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.*

Wednesday Evenings

Drop-in Evening

NEW! Ages 19-64 are welcome

Come by for drop-in activities including Brain Exercises, Fitness, and discussion groups. Monthly special outings will be discussed and planned together by those interested (Bowling is a common favorite).

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

Dates: **Wednesday's 5:00 - 8:00pm* Note the time change***

Registration is Required before dropping by Wednesday Evenings. *All participants will be asked to complete a Community Outing Safety and Group Guidelines Form* before attending.

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, hosted by Stroke Recovery BC.

WHO: This is an adaptable fitness program, accessible for anyone who uses a wheelchair, walker or cane.

Dates: **Monday's 11:00-11:45am**

Drop-in

Adapted Yoga

Join our adapted yoga group, great for beginners and novices. Using stretching and breath work, you will feel more relaxed and engaged with your body when leaving this program. We also include the important practice of meditation, helping our minds be more mindful and manage stress better.

WHO: This is an adaptable fitness program, accessible for anyone who uses a wheelchair, walker or cane.

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

Drop-in

Dance Aerobics

Use the joy of dance to get your heart working! Inspired by Zumba and Bollywood Bhangra Aerobics, our dance aerobics program will be sure to have you laughing and sweating.

WHO: This is a moderate to vigorous physical activity, and may not be appropriate for individuals with heart conditions or very poor gait. Please speak with the Program Coordinator if you have questions or to determine your fit.

Dates: **Monday's 12:00-12:45pm & Tuesday's 12:00-1:00pm**

Drop-in (must have PAR-Q+ completed prior to attending)

Rhythm and Movement

Improve your movement through music! In this program you will be clapping to the beat and timing the movement of our feet. Coordinating movement to music has been proven to improve strength, motor control and gait.

WHO: This is an adaptable fitness program, accessible for anyone who uses a wheelchair, walker or cane.

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

Drop-In

Stretch and Strength Level 1 *NEW DESIGN*

Improve your posture, strength, endurance and flexibility. Focusing on light weight bearing, non-impact strength movement and a complete stretch. We will be using resistance tubing, yoga, and breathing to help begin conditioning and stretching your various muscle groups. We track your progress and celebrate our 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, and Friday's, 11:00-12:00pm**

Drop-in (must have PAR-Q+ completed prior to attending)

Stretch and Strength Level 2 *NEW DESIGN*

Improve posture, strength, endurance and flexibility. Focus on weight bearing, non-impact strength moves and a complete stretch. We will be using hand weights, resistance tubing, stability balls and steps, helping condition and stretch your various muscle groups. We track your progress and celebrate our improvements!

WHO: This program is for individuals without significant limitations in range of motion in legs and arms, and have their GP's approval for engaging in moderate fitness. Please speak with the Program Coordinator if you have questions or to determine your fit.

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

Registration Only (must have PAR-Q+ completed prior to attending)

Strive Centre Resources

We have equipment available for independent use in the centre, after the participant has completed an equipment orientation with a staff:

Weights (1-5lbs), exercise balls, yoga mats, resistance bands, stationary bike, Wii Fit, Wii balance board, ankle weights, and walking sticks.

Dates: **Monday – Friday**

Drop-in. Contact Vancouver Connections staff for an orientation.

Once-A-Month Programs

Thursdays 12:00-1:00pm

One Stop Health Shop

Healthcare professionals are present to share information, to provide 1:1 consultations and linking to community programs. Volunteers are from the UBC Public Health Nursing program.

Speakers Corner

Learn about diverse topics from professionals in the community. Past presenters include Adaptive Yoga Experts, Autism Spectrum Advocates, and a First Aid instructor. We are always looking for new presenters, please suggest a topic, group or activity you would like to have featured!

Member's Meeting

Attending the programs and interested in sharing feedback, or hearing about any updates or changes coming Strive Centre's way? Come by the monthly member's meeting to join the conversation. These meetings are also an opportunity for registering in new or upcoming programs. Free lunch included for those who attend the meeting!

Starts at 12:00, sharp!

Dates: Last Thursday of every month! See current calendar for date.

Pool Tournaments, Art Galleries and more!

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

Other Services

Vancouver Connections

Receive 1:1 support to achieve your leisure, wellness, system navigation and other goals. Together you will explore community resources to meet your goals, as well as 1:1 support if necessary. Book an Appointment today!

Vancouver Connections is available for scheduled meetings only.

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.

REGISTER TODAY!

Name: _____

Phone Number: _____

Date: _____



Program Registration Form

Winter 2017

January 3rd – March 27th

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

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

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 February 13th*

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 & Math	Monday's 2:00-3:00		
Simply Healthy Seasonal Baking	Monday's 2:30-4:30	If January group is full, you can register for the Feb 13 th start.	
Healthy Relationships	Monday's 3:30-4:30		

Tuesday

Program	Time	Special Notes	✓
Communication & Social Cues	Tuesday's 1:00-2:00		
Meal Planning/ Shopping	Tuesday's 2:00-3:00/4:00	This group is for individuals who have control over their diet and grocery purchases.	
Money Management	Tuesday's 3:00-4:30		

Wednesday

Program	Time	Special Notes	✓
Stretch and Strength Level 2	Wednesday's 12:00-1:00pm	Par-Q+ must be completed by GP	
Cooking Level 2	Wednesday's 2:00-4:00	If January group is full, you can register for the Feb 13 th start.	

Drop-In Evening (Ages <u>19-64</u>)	Wednesday's 5:00-8:00	Drop-in after registration is complete. *Must complete Community Outing & Guidelines and be independent in community and in the centre, or bring support staff*	
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Thursday

Program	Time	Special Notes	√
SKILLS Program	Thursday's 2:00-4:00	If January group is full, you can register for the Feb 13 th start.	
Cooking Level 1	Thursday's 2:00-3:00	If January group is full, you can register for the Feb 13 th start.	

Friday

Program	Time	Registration Status	√
Stretch and Strength Level 2	Friday's 12:00-1:00pm	Par-Q+ must be completed by GP	
Multi-Cultural Holiday Cooking Lessons	Friday's 2:00-4:00	If January group is full, you can register for the Feb 13 th start.	

Other Programs or Services

Program	Time	Special Notes	√
Employment Support Program	By appointment	Dependent on capacity of program. There may be a waitlist.	
Central Perk Barista Training	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.	
<i>Please describe what you would like to work on in the above "other" program or services:</i>			
<i>Any questions or comments? Please write here:</i>			