

# August 2016 Program Schedule

Time	Monday 10-5	Tuesday 10-5	Wednesday 10-9	Thursday 10-5	Friday 10-5
10am	Stroke Recovery BC (R) 10:00-1:00  Adapted Yoga 10:00-11:00	Meditation & Mindfulness 10:30-11:30	Gardening 10:00-11:00		Walking Club 10:00-11:30
11am	Coffee Connection 11:00-12:00	Coffee Connection 11:00-12:00  Kitchen Prep (R) 11:00-1:30	Coffee Connection 11:00-12:00  Pool Players Club 11:30-12:30	Resistance Training (R) 11:00-12:00 (Last day Aug.11 <sup>th</sup> )	Coffee Connection 11:30-12:30  Gym Orientation (R) 11:30-12:30 (Last day Aug.12 <sup>th</sup> )
12pm	Paint 2 Canvas 12:00-2:00	Toonie Lunch & Games 12:30-2:00 (Lunch at 1:00, Bingo at 1:30)	Healthy Crumbs (R) 12:30-2:30	Monthly Program (see below) 12:00-1:30	"Essentially Me" Scrapbooking (R) 12:30-2:00  Memory Management 12:30-1:30
1pm	Pick-a-Flick 1:00-3:00  Adapted Basketball (R) 1:00-2:30 (last day Aug. 8 <sup>th</sup> )	Resistance Training (R) 1:00-2:00 (last day Aug. 9 <sup>th</sup> )	Stretch and Strength (last day Aug.10 <sup>th</sup> ) 1:00-2:00	Meal Planning (R) 1:30-3:30  Coffee Connection 1:30-2:30	
2pm	Communication and Social Cues (R) 2:00-3:30  Simply Healthy Baking (R) 2:30-4:30	Vancouver Adventures (R) 2:00-5:00  Poets Society 2:30-3:30	Games Hour 2:00-3:00	Wii Balance (R) 2:00-3:00 (Last day Aug.11 <sup>th</sup> )  Fabric Arts 2:30-4:00	Multi-Cultural Cooking (R) 2:00-4:00  Tai Chi 2:00-2:30
3pm		Employment Support Program (R) 3:00-4:30	Technology and You 3:00-4:30	Healthy Relationships (R) 3:30-4:30	Vinyl Cafe 3:00-4:30
4pm					
5pm	<p><b>Join us for our 3<sup>rd</sup> Strive Gallery</b> Thursday, Aug 25<sup>th</sup> @ Strive Centre</p> <p><b>**NOTICE**</b> Strive Centre is CLOSED Monday, Aug. 1<sup>st</sup> for BC Day</p>		<p>Young Adults Night (R) 5:00-9:00</p> <p><b>August 22<sup>nd</sup> – 26<sup>th</sup> is Registration week!</b></p> <p>Register for the next cycle of programs, which starts Sept. 5<sup>th</sup></p>	<p><b>Monthly Special Events</b> <b>Thursday's, 12:00-1:30pm</b></p> <p><b>Aug 4<sup>th</sup></b> – Registered Disability Savings Plan (RDSP) Information Session  <b>Aug 11<sup>th</sup></b> – Pool &amp; Darts Tournament  <b>Aug 18<sup>th</sup></b> – Monthly Meeting &amp; Party  <b>Aug 25<sup>st</sup></b> – Strive Art Gallery</p> <p><b>Wednesday, Aug. 24<sup>th</sup></b>- Power 2 Be – Hiking trip. Sign up today!</p>	

# Special Events in August

August 1<sup>st</sup>: **Happy BC Day! Regular Programs Cancelled at Strive Centre**

*The Strive Centre will be closed Monday, Aug. 1<sup>st</sup> for BC Day*

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August 4<sup>th</sup>, Thursday: **Registered Disability Savings Plan (RDSP) Information Session**



Do you qualify for the disability tax credit? Are you aware that there is up to 90,000 in grants and bonds available from the federal government?

Curious come out to find out more at this Financial wellness workshop, facilitated by a local financial expert.

Strive Centre, 12:00 - 1:30pm

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August 11<sup>th</sup>, Thursday: **Pool & Darts Tournament**



***Sign up today for Pool and/or Darts tournament! Prizes and bragging rights included. Note that we use a magnetic dart board, please do not bring your personal dart set.***

Strive Centre, 12:00 - 1:30pm (or until all games are played)

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August 25<sup>th</sup>, Thursday: **Strive Art Gallery**



***Join the Strive Centre in celebrating our creative energy and artistic expression!***

Art, crafts, poetry, music and more will be on display for the public to enjoy. Some work will be for sale where others are for marvel. If you would like to have your creative work displayed or on sale, please contact Strive Centre for more information. Everyone is welcome to attend and contribute!

**Deadline for submissions is August 18<sup>th</sup>.**

Strive Centre, 12:00 - 3:00pm

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August 24<sup>th</sup>, Wednesday: **Power to Be: HIKING TRIP**



**Power to be**  
making a difference is second nature

***Join us as we partner with Power to Be to do a Strive Centre group hiking trip! Fully adapted based on your needs, see that the outdoors can be accessible and FUN***

More details to come, contact the Strive Centre for more information. The trip is a low (\$10) to no cost for participants.

Register today by contacting Katryna. A full registration is required with Power to Be.

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