

# October – November - December 2017

## Fall Program Schedule

	<b>Monday</b> Open 10-5	<b>Tuesday</b> Open 10-5	<b>Wednesday</b> Open 10-5	<b>Thursday</b> Open 10-5	<b>Friday</b> Open 10-5		
<b>10am</b>	Stroke Recovery BC (R) 10:00-1:00 Conversation Club 10:00-11:00	Breakfast Club 10:00-11:00	Coffee Connection 10:00-11:00 Gardening 10:30-12:00	Breakfast Club 10:00-11:00	Coffee Connection 10:00-11:00 Gardening 10:30-12:00		
<b>11am</b>	Walking Club 11:00-12:00	Yoga 11:00-12:00	Stretch and Strength 11:00-12:00	Yoga 11:00-12:00	Card Making 11:00-12:00		
<b>12pm</b>	Paint 2 Canvas 12:00-1:00	Mindful Art 12:00-1:00	Smoothie Hour 12:00-1:00	Vancouver Adventures/ Special Events 12:00-1:00 or later	Seasonal Crafter's Corner 12:00-1:00		
<b>1pm</b>	Film & Media 1:00-2:00	Seasonal Cooking 1:00-2:00	Mindful Art 1:00-2:00 Pet Therapy 1:00-2:00	Board & Card Games 1:00-2:00 Bingo at 1:30 1:1 Cooking Lessons (R) 1:00-3:00	Film & Media 1:00-2:00		
<b>2pm</b>	Simply Healthy Baking (R) 2:00-3:30 Reading & Writing (R) 2:00 – 3:30	Music Therapy 2:00-3:00	Brain Exercises 2:00-3:00 Cooking Level 2 (R) 2:00-3:30	Self-Discovery Program 2:00-3:00 Pool Players Club 2:30-3:30	Tai Chi with Wayne 2:00-2:30 Multi-Cultural Holiday Cooking (R) 2:30-4:00		
<b>3pm</b>	Healthy Relationships 3:30-4:30	Self-Care Program 3:00-4:00	Karaoke 3:30-4:30	Expressive Arts 3:30-4:30	Music 3:00-3:30 Karaoke 3:30-4:30		
<b>4pm</b>							
	<p><u>Key</u> (R) = Must be registered to attend</p> <p><u>Program Facilitators</u> Sarah, Melissa, Mackenzie, Katryna</p>	<p><b>Nov. 29<sup>th</sup></b> <b>Holiday Bash at Strive Centre</b> <b>12:00-4:00</b></p> <p><b>Dec. 14<sup>th</sup></b> <b>Art Gallery &amp; Open House</b> <b>12:00-3:00</b></p>	<p><b><u>Vancouver Adventures &amp; Special Events</u></b> <b>Call to RSVP and for event details</b></p> <table border="0"> <tr> <td> <p>Oct 5<sup>th</sup> – Revs Bowling</p> <p>Oct 12<sup>th</sup> – Pool Tournament</p> <p>Oct 19<sup>th</sup> – Movie Matinee</p> <p>Oct 26<sup>th</sup> – Monthly Meeting</p> <p>Nov 2<sup>nd</sup> – Revs Bowling</p> <p>Nov 9<sup>th</sup> – Remembrance Day Activities</p> <p>Nov 16<sup>th</sup> – Pool Tournament</p> </td> <td> <p>Nov 23<sup>rd</sup> – Monthly Meeting</p> <p>Nov 29<sup>th</sup> – Holiday Bash</p> <p>Nov 30<sup>th</sup> – Centre games</p> <p>Dec 7<sup>th</sup> – Revs Bowling</p> <p>Dec 14<sup>th</sup> – Art Gallery &amp; Open House</p> <p>Dec 21<sup>st</sup> – Monthly Meeting</p> </td> </tr> </table>			<p>Oct 5<sup>th</sup> – Revs Bowling</p> <p>Oct 12<sup>th</sup> – Pool Tournament</p> <p>Oct 19<sup>th</sup> – Movie Matinee</p> <p>Oct 26<sup>th</sup> – Monthly Meeting</p> <p>Nov 2<sup>nd</sup> – Revs Bowling</p> <p>Nov 9<sup>th</sup> – Remembrance Day Activities</p> <p>Nov 16<sup>th</sup> – Pool Tournament</p>	<p>Nov 23<sup>rd</sup> – Monthly Meeting</p> <p>Nov 29<sup>th</sup> – Holiday Bash</p> <p>Nov 30<sup>th</sup> – Centre games</p> <p>Dec 7<sup>th</sup> – Revs Bowling</p> <p>Dec 14<sup>th</sup> – Art Gallery &amp; Open House</p> <p>Dec 21<sup>st</sup> – Monthly Meeting</p>
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