

# April – May - June 2017 Spring Program Schedule

	<b>Monday</b> Open 10-5	<b>Tuesday</b> Open 10-5	<b>Wednesday</b> Open 10-8	<b>Thursday</b> Open 10-5	<b>Friday</b> Open 10-5
<b>10am</b>	<b>Stroke Recovery BC</b> (R) 10:00-1:00  <b>Walking Club &amp; Coffee Connection</b> with CNH 10:15-11:30	<b>Breakfast Club</b> 10:00-11:00	<b>Coffee Connection</b> <i>ft. News and Views Discussion</i> 10:00-11:00	<b>Breakfast Club</b> 10:00-11:00	<b>Gardening</b> 10:00-12:00
<b>11am</b>	<b>Fitness with Helena</b> 11:00-11:45	<b>Yoga</b> 11:00-12:00	<b>Yoga</b> 11:00-12:00	<b>Pet Therapy</b> 11:00-12:00  <b>Yoga</b> 11:00-12:00	<b>Walking Club</b> 11:00-12:30
<b>12pm</b>	<b>Dance Aerobics</b> 12:00-12:45  <b>Paint 2 Canvas</b> 12:00-2:00	<b>Drop-in Games</b> 12:00-1:00  <b>Art Crawl</b> 12:00-2:00	<b>Stretch and Strength</b> 12:00-1:00  <b>Drawing</b> 12:00-1:30	<b>Vancouver Adventures/ Special Events</b> (see below) 12:00-1:00 or later	<b>Stretch and Strength</b> 12:00-1:00  <b>Crafter's Corner</b> 12:00-2:00
<b>1pm</b>	<b>Film &amp; Media</b> 1:00-2:00	<b>Communication Skills</b> 1:30-2:30	<b>Brain Exercises</b> 1:30-2:30	<b>Drop-in Art &amp; Board Games</b> 1:00-3:00 <i>Bingo at 1:30pm</i>	<b>Brain Exercises</b> 1:30-2:30
<b>2pm</b>	<b>Adult Education (R)</b> 2:00-3:30  <b>Simply Healthy Baking (R)</b> 2:30-4:30	<b>Brain Exercises</b> 2:00-3:00  <b>Seasonal Cooking (R)</b> 2:30-4:00	<b>Cooking Level 2 (R)</b> 2:00-4:00  <b>Self-Discovery (R)</b> 2:30-4:00	<b>SKILLS Program (R)</b> 2:00-4:00  <b>Cooking Level 1 (R)</b> 2:00-3:00	<b>Adapted Tai Chi</b> (contract facilitator) 2:00-2:30  <b>Multi-Cultural Cooking (R)</b> 2:00-4:00  <b>Music</b> 2:30-3:30
<b>3pm</b>	<b>Yoga</b> 3:00-3:30  <b>Stress Management (R)</b> 3:30-4:30	<b>Music</b> 3:00-4:30	<b>Expressive Arts</b> 3:30-4:30	<b>Drop-in Pool Players Club</b> 3:00-4:30  <b>Karaoke</b> 3:30-4:30	<b>Karaoke</b> 3:30-4:30
<b>4pm</b>					
<b>5pm</b>	<div style="border: 2px dashed orange; padding: 5px;"> <p style="text-align: center;">June 7<sup>th</sup> <b>ANNUAL ABI BBQ</b> at Queens Park, New West</p> <p style="text-align: center;">June 15<sup>th</sup> <b>Open House and Art Gallery</b></p> </div>		<b>Drop-in Evening (R)</b> 5:00-8:00  <div style="background-color: yellow; text-align: center; padding: 5px;"><b>Register for programs today!</b></div>	<b>Vancouver Adventures Special Events Thursday's, 12:00-1:00pm (or later)</b> Announcements for special events are distributed by email and in posters at the centre.  <i>Community events, Community Drop-in Programs, Pool Tournaments, Bowling Trips, Speakers Corner, Monthly Meetings, Art Gallery and much more!</i>	