

July – August – September 2017 Summer Program Schedule

| | Monday Open 10-5 | Tuesday Open 10-5 | Wednesday Open 10-5 | Thursday Open 10-5 | Friday Open 10-5 | | |
|---|--|---|--|--|--|---|--|
| 10am | Stroke Recovery BC (R) 10:00-1:00 Coffee Connection 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 | | |
| 11am | Walking Club 11:00-12:00 | Yoga 11:00-12:00 | Stretch and Strength 11:00-12:00 | Yoga 11:00-12:00 | Board & Card Games 11:00-12:00 | | |
| 12pm | 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 | Crafter's Corner 12:00-1:00 | | |
| 1pm | Film & Media 1:00-2:00 | Conversation Club 1:00-2:00 | Fabric Arts 1:00-2:00 Dog 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 | | |
| 2pm | Simply Healthy Baking (R) 2:00-3:30 Reading & Writing (R) 2:00 – 3:30 | Seasonal Cooking (R) 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 Cooking (R) 2:30-4:00 | | |
| 3pm | Healthy Relationships 3:30-4:30 | Music 3:30-4:30 | Karaoke 3:30-4:30 | Expressive Arts 3:30-4:30 | Music 3:00-3:30 Karaoke 3:30-4:30 | | |
| 4pm | | | | | | | |
| | <p><u>Key</u> (R) = Must be registered to attend</p> <p><u>Program Facilitators</u> Sarah, Melissa, Mackenzie, Katryna</p> | <p>Aug 17th Strive Centre's Two Year Anniversary Party</p> <p>Sept. 21st Open House and Art Gallery</p> | <p><u>Vancouver Adventures Special Events</u> Call to RSVP and for event details</p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> July 6th – Revs Bowling July 13th – Picnic in the Park July 20th – CNH Karaoke July 27th – Monthly Meeting Aug 3rd – Centre Bowling, Games Aug 10th – Beach Picnic Aug 17th – 2 Year Party </td> <td> <ul style="list-style-type: none"> Aug 24th – Picnic in the Park Aug 31st – Monthly Meeting Sept 7th – Revs Bowling Sept 14th – Picnic in the Park Sept 21st – Art Gallery/ Open House Sept 28th – Monthly Meeting </td> </tr> </table> | | | <ul style="list-style-type: none"> July 6th – Revs Bowling July 13th – Picnic in the Park July 20th – CNH Karaoke July 27th – Monthly Meeting Aug 3rd – Centre Bowling, Games Aug 10th – Beach Picnic Aug 17th – 2 Year Party | <ul style="list-style-type: none"> Aug 24th – Picnic in the Park Aug 31st – Monthly Meeting Sept 7th – Revs Bowling Sept 14th – Picnic in the Park Sept 21st – Art Gallery/ Open House Sept 28th – Monthly Meeting |
| <ul style="list-style-type: none"> July 6th – Revs Bowling July 13th – Picnic in the Park July 20th – CNH Karaoke July 27th – Monthly Meeting Aug 3rd – Centre Bowling, Games Aug 10th – Beach Picnic Aug 17th – 2 Year Party | <ul style="list-style-type: none"> Aug 24th – Picnic in the Park Aug 31st – Monthly Meeting Sept 7th – Revs Bowling Sept 14th – Picnic in the Park Sept 21st – Art Gallery/ Open House Sept 28th – Monthly Meeting | | | | | | |