

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	Tai Chi 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	Board & Card Games 1:00-2:00 <i>Bingo at 1:30</i> 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>June 7th ANNUAL ABI BBQ at Queens Park, New West</p> <p>June 15th 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>July 6th – Revs Bowling</td> <td>Aug 24th – Picnic in the Park</td> </tr> <tr> <td>July 13th – Picnic in the Park</td> <td>Aug 31st – Monthly Meeting</td> </tr> <tr> <td>July 20th – CNH Karaoke</td> <td>Sept 7th – Revs Bowling</td> </tr> <tr> <td>July 27th – Monthly Meeting</td> <td>Sept 14th – Picnic in the Park</td> </tr> <tr> <td>Aug 3rd – Revs Bowling</td> <td>Sept 21st – Art Gallery/ Open House</td> </tr> <tr> <td>Aug 10th – 2 Year Party</td> <td>Sept 28th – Monthly Meeting</td> </tr> <tr> <td>Aug 17th – Beach Picnic</td> <td></td> </tr> </table>			July 6 th – Revs Bowling	Aug 24 th – Picnic in the Park	July 13 th – Picnic in the Park	Aug 31 st – Monthly Meeting	July 20 th – CNH Karaoke	Sept 7 th – Revs Bowling	July 27 th – Monthly Meeting	Sept 14 th – Picnic in the Park	Aug 3 rd – Revs Bowling	Sept 21 st – Art Gallery/ Open House	Aug 10 th – 2 Year Party	Sept 28 th – Monthly Meeting	Aug 17 th – Beach Picnic	
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