

# January - March 2017 Program Schedule (revised)

	<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>	Stroke Recovery BC (R) 10:00-1:00 Coffee Connection ft. Newsletter & Letter Writing 10:00-11:00	Breakfast Club 10:00-11:30	Coffee Connection ft. News and Views Discussion 10:00-11:00	Breakfast Club 10:00-11:30	Coffee Connection ft. Local Events & Hot Topics 10:00-11:00
<b>11am</b>		Adapted Yoga 11:00-12:00	Stretch and Strength Lvl 1 11:00-12:00	Adapted Yoga 11:00-12:00	Stretch and Strength Lvl 1 11:00-12:00
<b>12pm</b>	Dance Aerobics 12:00-12:45 Paint 2 Canvas 12:00-2:00	Drop in Games 12:00-1:00 Creative Journaling 12:00-2:00	Stretch and Strength Lvl 2 (R) 12:00-1:00 Drawing 12:00-1:30	Monthly Special Event (see below) 12:00-1:00	Stretch and Strength Lvl 2 (R) 12:00-1:00 Crafters Corner 12:00-2:00
<b>1pm</b>	Film & Media 1:00-2:00	Adapted Communication and Social Cues (R) 1:30-3:00	Brain Health Exercises & Tools 1:30-2:30	Open Art & Board Games 1:00-3:00 <i>Bingo at 1:30pm</i>	Brain Health Exercises & Tools 1:30-2:30
<b>2pm</b>	Reading, Writing & Math (R) 1:30-3:00 Simply Healthy Baking (R) 2:30-4:30	Adapted Communication 2:00-3:00 Meal Planning/ Shopping (R) 2:00-3:00/4:00	Cooking Level 2 (R) 2:00-4:00 Self Esteem Project 2:30-3:30	SKILLS Program (R) 2:00-4:00 Cooking Level 1 (R) 2:00-3:00	Multi-Cultural Cooking (R) 2:00-4:00 Adapted Tai Chi 2:00-2:30 Music Jam 2:30-3:30
<b>3pm</b>	<del>Technology and You</del> 3:00-4:00 Healthy Relationships (R) 3:30-4:30	Music Jam 3:00-4:30	Theatrics & Charades 3:30-4:30	Textiles: Sewing & Crocheting Clubs 3:00-4:30 <del>Rhythm and Movement</del> 3:00-4:00	Karaoke 3:30-4:30
<b>4pm</b>					
<b>5pm</b>	<p><b>**NOTICE**</b> Strive Centre is CLOSED Jan.2<sup>nd</sup> &amp; Feb. 13<sup>th</sup></p> <p>Our next Open House and Art Gallery is <b>March 16<sup>th</sup> 12-4pm</b></p>	<p><u>Key</u> (R) = Must be registered to attend</p> <p><u>Program Facilitators</u> Jen, Sarah, Melissa, Mackenzie, Christopher, Antonia &amp; Katryna</p>	Drop-in Evening (R) 5:00-8:00	<p><b>Monthly Special Events</b> <b>Thursday's, 12:00-1:00pm</b></p> <p>Announcements for special events are distributed by email and in posters at the centre. Call to ask about the special events coming up!</p> <p><i>Pool Tournaments, Speakers Corner, Monthly Meetings (Jan. 26, Feb. 23, Mar. 30), Art Gallery (Mar.16) and much more!</i></p>	