

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_



## Program Registration Form

Winter 2017

January 3<sup>rd</sup> – March 27<sup>th</sup>

Spots are limited and subject to assessment based on goal priority. Place √ beside the activity you want to join. **REGISTER TODAY!**

Q. Would you like to be called the day before your program for a reminder? **Y or N**

**PLEASE NOTE: Cooking Programs have a maximum of 5 participants, and may be full. Do not worry!** We have a second registration time for people on a waitlist. The second group will start classes the week of February 13<sup>th</sup>\*

### Monday

Program	Time	Special Notes	Register? √
Stroke Recovery BC Chinese Language Support Group	Monday's 10:00-1:00	This group is for Mandarin speakers only.	
Reading, Writing & Math	Monday's 2:00-3:00		
Simply Healthy Seasonal Baking	Monday's 2:30-4:30	If January group is full, you can register for the Feb 13 <sup>th</sup> start.	
Healthy Relationships	Monday's 3:30-4:30		

### Tuesday

Program	Time	Special Notes	Register? √
Communication & Social Cues	Tuesday's 1:00-2:00		
Meal Planning/ Shopping	Tuesday's 2:00-3:00/4:00	This group is for individuals who have control over their diet and grocery purchases.	
Money Management	Tuesday's 3:00-4:30		

### Wednesday

Program	Time	Special Notes	Register? √
Stretch and Strength Level 2	Wednesday's 12:00-1:00pm	Par-Q+ must be completed by GP	
Cooking Level 2	Wednesday's 2:00-4:00	If January group is full, you can register for the Feb 13 <sup>th</sup> start.	

Drop-In Evening (Ages 19-64)	Wednesday's <b>5:00-8:00</b>	Drop-in after registration is complete. *Must complete Community Outing & Guidelines and be independent in community and in the centre, or bring support staff*	
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## Thursday

Program	Time	Special Notes	Register? <input checked="" type="checkbox"/>
SKILLS Program	Thursday's 2:00-4:00	If January group is full, you can register for the Feb 13 <sup>th</sup> start.	
Cooking Level 1	Thursday's 2:00-3:00	If January group is full, you can register for the Feb 13 <sup>th</sup> start.	

## Friday

Program	Time	Registration Status	Register? <input checked="" type="checkbox"/>
Stretch and Strength Level 2	Friday's 12:00-1:00pm	Par-Q+ must be completed by GP	
Multi-Cultural Holiday Cooking Lessons	Friday's 2:00-4:00	If January group is full, you can register for the Feb 13 <sup>th</sup> start.	

## Other Programs & Services

Program	Time	Special Notes	Register? <input checked="" type="checkbox"/>
Employment Support Program	By appointment	Dependent on capacity of program. There may be a waitlist.	
Central Perk Barista Training	By appointment	Dependent on capacity of program. There may be a waitlist.	
Vancouver Connections	By appointment	Please list below what you would like support in achieving.	

*Please describe what you would like to work on in the above selected program:*

*Any questions or comments? Please write here:*

**Valued Feedback:**

<b>A <u>Program</u> I would like to see at the Strive Centre is...</b>

<b>What I <u>enjoy most</u> about the Strive Centre is...</b>

<b>Any other comments, questions or suggestions:</b>

*You can place this form into the suggestion box if you wish to keep your name confidential.  
Thank you for taking the time to complete it. Sincerely, Strive Centre Management*