

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Table Games 3 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Coffee Walk</i> 1:30 Karaoke	10:30 Coffee Chat 4 11:30 Mindful Yoga 12:45 Chef's Corner <i>Western Omelette</i> 2:30 Bingo	5 11:00 Let's Paint 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers <i>Jeopardy</i>	6 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	7 10:30 Coffee Chat 11:00 Cooking Class <i>French Toast</i> 12:30 Lunch & Learn 1:30 Computer tutorial 2:15 Book Club
10 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Vinyl Café	11 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Baker's Corner <i>Carrot Cake</i> 2:30 Bingo	12 11:00 Current Events 12:00 Toonie Lunch 12:45 Activity Club: Shopping 1:30 Brain Teasers <i>Easter Trivia</i>	13 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	14 Good Friday Centre closed!
17 Easter Monday Centre closed!	18 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Chef's Corner <i>Broccoli Bacon Pasta</i> 2:30 Bingo	19 10:30 Board Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 <i>You Be The Judge</i>	20 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	21 10:30 Coffee Chat 11:00 Cooking Class: <i>Spaghetti & Meatballs</i> 12:30 Lunch & Learn 1:30 Drama Club 2:30 Ted Talk
24 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>SFU Museum of Archeology</i> 1:30 Music Jam	25 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Baker's Corner <i>Avocado Brownies</i> 2:30 Bingo 3:15 Computer Tutorials	26 11:00 World News 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers <i>Scrambled Words</i>	27 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	28 10:30 Coffee Chat 11:00 Cooking Class: <i>Chicken Pot Pie</i> 12:30 Lunch & Learn 1:30 Educational Session Vitamins & Minerals: Supplements 2:15 Trivia

APRIL 2017

Headway Centre New Westminster

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Table Games 1 11:45 Tai Chi 12:30 Toonie Lunch 1:00 Happy Hour with Ranj Singh <i>~Canadian Indo Folk Music~</i>	10:30 Coffee Chat 2 11:30 Mindful Yoga 12:45 Chef's Corner <i>Mexican Corn Salad</i> 2:30 Bingo	11:00 Current Events 3 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers <i>Words in a Word</i>	10:30 Helping Hands 4 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Craft	10:30 Coffee Chat 5 11:00 Cooking Class <i>Crepes</i> 12:30 Lunch & Learn 1:30 Computer tutorial 2:15 Book Club
10:30 Table Games 8 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Karaoke	10:30 Coffee Chat 9 11:30 Mindful Yoga 12:45 Baker's Corner <i>Greek Yogurt Lemon Bars</i> 2:30 Bingo	11:00 Let's Paint 10 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers <i>Hang Man</i>	11 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	10:30 Coffee Chat 12 11:00 Cooking Class <i>Shepard's Pie</i> 12:30 Lunch & Learn 1:00 Activity Club: <i>Head Office</i> 1:30 Drama Club 3:00 Movie Matinee
10:30 Table Games 15 11:45 Tai Chi 12:30 Toonie Lunch 1:00 Activity Club <i>Surrey Art Gallery</i> 1:30 Vinyl Café	10:30 Coffee Chat 16 11:30 Mindful Yoga 12:45 Chef's Corner <i>Ricotta & Spinach Calzones</i> 2:30 Bingo	11:00 Current Events 17 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers <i>Acronyms</i>	18 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:30 Arts & Crafts	10:30 Coffee Chat 19 11:00 Cooking Class: <i>Beef Stew</i> 12:30 Lunch & Learn 1:30 You Be the Judge 2:30 Jeopardy
Victoria Day Centre closed! 22	10:30 Coffee Chat 23 11:30 Mindful Yoga 12:45 Baker's Corner <i>Zucchini Bread</i> 2:30 Bingo	10:30 Board Games 24 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 What would you do	25 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	10:30 Coffee Chat 26 11:00 Cooking Class: <i>Chicken à la King</i> 12:30 Lunch & Learn 1:30 Educational Session Vitamins & Minerals: Foods 2:15 Trivia
10:30 Table Games 29 11:45 Stay fit with Melinda 12:30 Toonie Lunch 1:00 Activity Club <i>Maillardville Museum</i> 1:30 Music Jam	10:30 Coffee Chat 30 11:30 Mindful Yoga 12:45 Chef's Corner <i>Tuna Melts</i> 2:30 Bingo 3:15 Computer Tutorials	31 11:00 World News 12:00 Toonie Lunch 1:00 Shopping Club 1:30 Brain Teasers <i>Scrambled Words</i>	 <p>MAY 2017 Headway Centre New Westminster</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
				
10:30 Table Games 5 11:45 Stay Fit with Melinda 12:30 Toonie Lunch 1:00 Activity Club <i>Antique Alley Walk</i> 1:30 Karaoke	10:30 Coffee Chat 6 11:30 Mindful Yoga 12:45 Chef's Corner <i>Thai Noodle Salad</i> 2:30 Bingo	7 Annual ABI Awareness BBQ 12-3pm Queen's Park NW <i>*Centre closed on this day*</i>	8 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Craft	10:30 Coffee Chat 2 11:00 Cooking Class <i>French Onion Soup</i> 12:30 Lunch & Learn 1:30 Computer tutorial 2:15 Book Club
12 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Name That Tune	13 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Baker's Corner <i>Fruit Salad Pizza</i> 2:30 Bingo	14 11:00 Current Events 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Teasers (D) <i>Words in a Word</i>	15 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:30 Arts & Crafts	16 10:30 Coffee Chat 11:00 Cooking Class <i>Bacon and Cheese Quiche</i> 12:30 Lunch & Learn 1:00 Activity Club: <i>Deer Lake</i> 1:30 You Be the Judge 3:00 Movie Matinee
19 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:00 Activity Club <i>Blue Mountain Park Walk</i> 1:30 Vinyl Café	20 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Chef's Corner <i>Egg Rolls</i> 2:30 Bingo	21 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 What would you do	22 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	23 10:30 Coffee Chat 11:00 Cooking Class: <i>Naan Bread Pizza</i> 12:30 Lunch & Learn 1:30 You Be the Judge 2:30 Who/What Am I
26 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 12:45 Activity Club <i>Eaglequest Mini Golf</i> 1:30 Music Jam	27 10:30 Coffee Chat 11:30 Mindful Yoga 12:45 Baker's Corner <i>Lemon Muffins</i> 2:30 Bingo 3:15 Computer Tutorials	28 11:00 World News 12:00 Toonie Lunch 1:00 Shopping Club 1:30 Brain Teasers <i>Acronyms</i>	29 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Arts & Crafts	30 10:30 Coffee Chat 11:00 Cooking Class: <i>Butter Chicken</i> 12:30 Lunch & Learn 1:30 Educational Session Vitamins & Minerals: All you need to know 2:15 Trivia