





Monday	Tuesday	Wednesday	Thursday	Friday			
 <p>Centre Closed!</p>	<p>10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Chicken Chow Mein</i> 2:30 Bingo</p>	<p>11:15 Cranium Crunches <i>Analogies</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i></p>	<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Beaded Wind Chimes (1)</i></p>	<p>10:30 Coffee Chat 11:15 Cooking Class <i>Cheese Amish Casserole</i> 12:30 Lunch & Learn 1:30 Tech Corner 2:15 <i>Travel To _____</i></p>			
<p>10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Vinyl Café</p>	<p>10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Lemon Poppy Seed Bread</i> 2:30 Bingo</p>	<p>11:15 Cranium Crunches <i>What comes next</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Creative Writing</i></p>	<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Beaded Wind Chimes (2)</i></p>	<p>10:30 Coffee Chat 11:15 Cooking Class <i>Greek Pasta Salad</i> 12:30 Lunch & Learn 12:30 Activity Club: <i>Burnaby Mountain</i> 1:30 Pictionary 3:00 Movie Matinee</p>			
<p>10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Port Moody Museum</i> 1:30 Music Trivia</p>	<p>10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Potato Skin Bake</i> 2:30 Bingo</p>	<p>10:30 Table Games 12:00 Member's Party 1:00 Pool Tournament 1:00 Recycling 1:30 Read & Write <i>Poetry</i></p>	<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Beaded Wind Chimes (3)</i></p>	<p>10:30 Coffee Chat 11:15 Cooking Class: <i>Sloppy Joe's</i> 12:30 Lunch & Learn 1:30 Comic Competition 2:30 Google Club</p>			
<p>10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Burnaby Village</i> 1:30 Name That Tune</p>	<p>10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Rolo Choc. Blondies</i> 2:30 Bingo 3:15 Tech Corner</p>	<p>11:15 Cranium Crunches <i>Pass it on</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i></p>	<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Birdseed Ornaments</i></p>	<p>10:30 Coffee Chat 11:15 Cooking Class: <i>Taco Salad</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Living on a Budget: Eating Well</i> 2:15 Trivia</p>			
<p>10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Westminster Quay Walk</i> 1:30 Music Jam</p>				 Headway Centre New Westminster			

Monday	Tuesday	Wednesday	Thursday	Friday
 AUGUST 2017 Headway Centre	1	2	3	4
	10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Carbonara Pasta</i> 2:30 Bingo	11:15 Cranium Crunches <i>Word Reduction</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Poetry</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Canvas Painting: Footprints in the Sand (1)</i>	10:30 Coffee Chat 11:15 Cooking Class <i>Chicken Noodle</i> 12:30 Lunch & Learn 1:30 Tech Corner 2:15 Travel To _____
BC Day Centre Closed	7	8	9	10
	10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Toasted Pecan Bundt Cake</i> 2:30 Bingo	11:15 Cranium Crunches <i>Change 1st Letter</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Creative Writing</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Canvas Painting: Footprints in the Sand (2)</i>	10:30 Coffee Chat 11:15 Cooking Class <i>Shepard's Pie</i> 12:30 Lunch & Learn 12:00 Activity Club <i>Picnic at Como Lake</i> 1:30 Pictionary 3:00 Movie Matinee
14	15	16	17	18
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Trivia	10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Avocado Salad</i> 2:30 Bingo	11:15 Cranium Crunches <i>Wacky Words</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Rock Photo Holder</i>	10:30 Coffee Chat 11:15 Cooking Class <i>Burgers & Fries</i> 12:30 Lunch & Learn 1:30 Comic Competition 2:30 Google Club
21	22	23	24	25
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Bear Creek Park</i> 1:30 Name That Tune	10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Peach Pie Scones</i> 2:30 Bingo	10:30 Table Games 12:00 Member's Party 1:00 Pool Tournament 1:00 Recycling 1:30 Read & Write <i>Poetry</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Glitter Painting</i>	10:30 Coffee Chat 11:15 Cooking Class: <i>Hamburger Soup</i> 12:30 Lunch & Learn 1:30 Educational Session Living on a Budget: Recreation & Leisure 2:15 Trivia
28	29	30	31	 Happy Summer!
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Bocce at Pier Park</i> 1:30 Music Jam	10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Rach Cheddar Pasta Salad</i> 2:30 Bingo 3:15 Tech Corner	11:15 Cranium Crunches <i>Punny Names</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Four Season Tree</i>	

Monday

Tuesday

Wednesday

Thursday

Friday



SEPTEMBER



Headway Centre New Westminster

10:30 Coffee Chat
 11:15 Cooking Class
Fettuccini Alfredo
 12:30 Lunch & Learn
 1:30 Tech Corner
 2:15 Travel To ___

<p>Labour Day Centre Closed</p>	<p>4 10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Butter Tart</i> 2:30 Bingo</p>	<p>5 11:15 Cranium Crunches <i>Alphabet Code</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Creative Writing</i></p>	<p>6 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Fairy Jars (1)</i></p>	<p>7 10:30 Coffee Chat 11:15 Cooking Class <i>Quiche</i> 12:30 Lunch & Learn 1:30 Comic Competition 2:30 Google Club</p>
<p>11 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Music Trivia</p>	<p>12 10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Beef Stroganoff</i> 2:30 Bingo</p>	<p>13 11:15 Cranium Crunches <i>Begin & End with same letter</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i></p>	<p>14 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Fairy Jars (2)</i></p>	<p>15 10:30 Coffee Chat 11:15 Cooking Class <i>Meat Loaf</i> 12:30 Lunch & Learn 11:30 Activity Club <i>Bloedel Conservatory</i> 1:30 Pictionary 3:00 Movie Matinee</p>
<p>18 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Surrey Nature Centre</i> 1:30 Name That Tune</p>	<p>19 10:30 Coffee Social 11:30 Chair Yoga 12:45 Baker's Corner <i>Maple Snicker Doodles</i> 2:30 Bingo</p>	<p>20 10:30 Table Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Read & Write <i>Poetry</i></p>	<p>21 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Origami Flowers</i></p>	<p>22 10:30 Coffee Chat 11:15 Cooking Class: <i>Spaghetti</i> 12:30 Lunch & Learn 1:30 Drama Club 2:30 Jeopardy</p>
<p>25 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Anvil Centre Walk</i> 1:30 Music Jam</p>	<p>26 10:30 Coffee Social 11:30 Chair Yoga 12:45 Chef's Corner <i>Chili</i> 2:30 Bingo 3:15 Tech Corner</p>	<p>27 11:15 Cranium Crunches <i>Pass it on</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Read & Write <i>Reflective Reading</i></p>	<p>28 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Seasonal Painting</i></p>	<p>29 10:30 Coffee Chat 11:15 Cooking Class: <i>Lasagna</i> 12:30 Lunch & Learn 1:30 Educational Session Living on a Budget: Finance tracking 2:15 Trivia</p>