

Monday	Tuesday	Wednesday	Thursday	Friday
11:30 Lunch & Learn: 2 Grilled Paninis 12:00 VC Program 1:00 Table Games 1:45 Craft Class: Valentine Wreath 3:00 Stories for the Soul	3 11:00 Nails by Sallen 12:30 Community Lunch: The Greek Tavern 2:15 Man Cave 4:00 Computer 1:1	4 11:30 Cooking Class: French Onion Soup 1:00 Mingler: Charades 2:15 Leisure Lottery	5 11:30 Baking Club: Melted Snowmen Cookies 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	6 11:30 Breakfast & News: Scrambled Eggs 12:00 VC Program 1:00 Wii Games 1:15 Shopping Club 2:30 Conversation Club
9 <b>-Centre Closed- Family Day</b>  <b>*Planning Week*</b>	10 11:30 Stretch, Strength, & Smoothie 12:30 Outing: Vancouver Lookout 2:15 Jeopardy 4:00 Computer 1:1	11 11:30 Cooking Class: Lasagna 1:00 Mingler: Mini Golf 2:15 Leisure Lottery	12 11:30 Baking Club: Valentine Cupcakes 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	13 11:30 Breakfast & News: Oatmeal & Fruit 12:00 VC Program 1:00 Music with Iku 1:15 Shopping Club 2:30 Conversation Club
16 11:30 Lunch & Learn: Pizza Sub 12:00 VC Program 1:00 Table Games 1:45 Craft Class: Chinese Lanterns 3:00 Stories for the Soul	17 <b>12:30 Chinese New Year Party</b>	18 11:30 Cooking Class: Chicken Curry and Rice 1:00 Mingler: Pool Tournament 2:15 Leisure Lottery	19 11:30 Baking Club: Banana Muffins 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	20 11:30 Breakfast & News: Huevos Rancheros 12:00 VC Program 1:00 Planet Earth Series 1:15 Shopping Club 2:30 Conversation Club
23 11:30 Lunch & Learn: Sloppy Joes 12:00 VC Program 1:00 Table Games 1:45 Craft Class: Winter Window Bling 3:00 Stories for the Soul	24 11:30 Stretch, Strength, & Smoothie 12:30 Energizing Walk: Blue Parrot 2:15 Travel to China 4:00 Computer 1:1	25 <b>12:00 Member's Party</b>  1:15 Speaker's Corner: Firefighter	26 11:30 Baking Club: Carrot Cake 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	27 11:30 Breakfast & News: French Toast 12:00 VC Program 1:00 Wii Games 1:15 Shopping Club 2:30 Conversation Club



**FEBRUARY 2014**  
**Vancouver Headway Centre**



Monday	Tuesday	Wednesday	Thursday	Friday
11:30 Lunch & Learn: 2 Clubhouse Sandwich 12:00 VC Program 1:00 Table Games 1:45 Art Class: St. Patrick's Wreath 3:00 Stories for the Soul	11:00 Nails by Sallen 3 12:30 Community Lunch: Denny's 2:15 Man Cave 4:00 Computer 1:1	11:30 Cooking Class: 4 Shepard's Pie 1:00 Walking Club 2:15 Leisure Lottery	11:30 Baking Club: 5 Scandinavian Almond Bars 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	11:30 Breakfast & 6 News: Bagels & Fruit 12:00 VC Program 1:00 Mingler: Poker 1:15 Shopping Club 2:30 Conversation
11:30 Lunch & Learn: 9 Tacos 12:00 VC Program 1:00 Table Games 1:45 Craft Class: Pinwheels 3:00 Stories for the Soul	11:30 Stretch, 10 Strength, & Smoothie 12:30 Outing: Hike 2:15 Price is Right 4:00 Computer 1:1	11:30 Cooking Class: 11 Phylo Pizza 1:00 Walking Club 2:15 Leisure Lottery	11:30 Baking Club: 12 Chocolate Chip Cookies 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	11:30 Breakfast & 13 News: Pancakes 12:00 VC Program 1:00 Music with Iku 1:15 Shopping Club 2:30 Conversation Club
11:30 Lunch & Learn: 16 Pita Pizza 12:00 VC Program 1:00 Table Games 1:45 Art Class: St. Pat's Photo Frame 3:00 Stories for the Soul	11:30 Stretch, 17 Strength, & Smoothie 12:30 Outing: Movie Theatre 2:15 Name that Tune 4:00 Computer 1:1	11:30 Cooking Class: 18 Fettuccini Alfredo 1:00 Walking Club 2:15 Leisure Lottery	11:30 Baking Club: 19 St. Patrick's Cookies 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	11:30 Breakfast & 20 News: Breakfast Wrap 12:00 VC Program 1:00 Mingler: Charades 1:15 Shopping Club 2:30 Conversation Club
11:30 Lunch & Learn: 23 Macaroni Salad 12:00 VC Program 1:00 Table Games 1:45 Craft Class: Button Checkers 3:00 Stories for the Soul	11:30 Stretch, 24 Strength, & Smoothie 12:30 Outing: Community Centre Tour 2:15 Jeopardy 4:00 Computer 1:1	12:00 25 <b>Member's Party</b> 1:15 Speaker's Corner: Accountant: Income Tax	11:30 Baking Club: 26 Apple Crisp Muffins 12:00 VC Program 2:00 Bingo 3:00 It's Puzzling	11:30 Breakfast & 27 News: Oatmeal & Fruit 12:00 VC Program 1:00 Mingler: Mini Golf 1:15 Shopping Club 2:30 Conversation Club
11:30 Lunch & Learn: 30 Chef Salad 12:00 VC Program 1:00 Table Games 1:45 Art Class: Paint Chip Calendar 3:00 Stories for the Soul	11:30 Stretch, 31 Strength, & Smoothie 12:30 Energizing Walk: Tim Horton's 2:15 <b>Travel to Peru</b> 4:00 Computer 1:1			