

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Centre Closed!</b>	10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Chicken Enchiladas</i> 2:30 Bingo	11:00 Let's Paint 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mental Aerobics <i>Words in a Word</i>	10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 11:00 Cooking Class: <i>Spaghetti &amp; Meatballs</i> 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 Jeopardy
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke	10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Lemon/Blueberry Bars</i> 2:30 Bingo	11:00 Current Events 12:00 Toonie Lunch 12:45 Activity Club: Shopping 1:30 Mental Aerobics <i>Who/What am I?</i>	10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 11:00 Cooking Class: <i>Potato and Bean Chili</i> 12:30 Lunch & Learn 1:30 Drama Club 2:30 Brain Science
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Lafarge Lake</i> 1:30 Name That Tune	10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Veggie Beef Soup</i> 2:30 Bingo	10:30 Board Games <b>12:00 Member's Party</b> 1:00 Pool Tournament 1:30 Recycling 1:30 Star of the Month	10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 11:00 Cooking Class: <i>Pizza Casserole</i> 12:30 Lunch & Learn 1:30 Celebrating Differences 2:30 Pop Culture 1950
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Trip to Ikea</i> 1:30 Vinyl Café	10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Peanut Butter Cookies</i> 2:30 Bingo	11:00 World News 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mental Aerobics <i>Ted Talks</i>	10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 11:00 Cooking Class: <i>Chicken Caesar Salad</i> 12:30 Lunch & Learn <b>1:30 Educational Session</b> <i>Compromise</i> 2:30 Trivia
10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club Coffee Walk 1:30 Music Jam	10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Mozzarella Grill Cheese</i> 2:30 Bingo 3:15 Computer Tutorials	 <b>JANUARY 2017</b> <b>Headway Centre New Westminster</b>		

**Address:** 319 Columbia Street, New Westminster, BC, V3L 1A7 **Phone:** 604-520-0130 **Email:** clubhouse2@striveliving.ca **Hours:** M-F, 10:30-4:30

Monday	Tuesday	Wednesday	Thursday	Friday
		11:00 Let's Paint 1 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mental Aerobics <i>Scrambled Words</i>	2 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	3 10:30 Coffee Chat 11:00 Cooking Class: <i>Baked Ziti</i> 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 Jeopardy
6 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Karaoke	7 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Vanilla Bean Doughnuts</i> 2:30 Bingo	8 11:00 Current Events 12:00 Toonie Lunch 12:45 Activity Club: Shopping 1:30 Mental Aerobics <i>Valentine's Day Trivia</i>	9 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10 10:30 Coffee Chat 11:00 Cooking Class: <i>Sloppy Joes</i> 12:30 Lunch & Learn 1:30 Drama Club 2:30 Brain Science
13 <b>Family Day!            Centre closed!</b>	14 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Broccoli/Cheese Casserole</i> 2:30 Bingo	15 10:30 Board Games <b>12:00 Member's            Party</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Star of the Month	16 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	17 10:30 Coffee Chat 11:00 Cooking Class: <i>Bacon, Cheese Quish</i> 12:30 Lunch & Learn 1:30 Celebrating Differences 2:30 Pop Culture 1960
20 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Anvil Centre</i> 1:30 Vinyl Café	21 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Cherry Cupcakes</i> 2:30 Bingo	22 11:00 World News 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mental Aerobics <i>Ted Talks</i>	23 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	24 10:30 Coffee Chat 11:00 Cooking Class: <i>Chicken Penne Alfredo</i> 12:30 Lunch & Learn <b>1:30 Educational Session</b> <i>Relationship Building</i> 2:30 Trivia
27 10:30 Table Games 11:45 Tai Chi 12:00 Toonie Lunch 1:00 Activity Club <i>Coffee Walk</i> 1:30 Music Jam	28 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Tomato Bisque</i> 2:30 Bingo 3:15 Computer Tutorials	<div style="text-align: center;">  <h1 style="color: #8B0000;">FEBRUARY 2017</h1> <h2 style="color: #000000;">Headway Centre New Westminster</h2> </div>		

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**Monday**

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**Headway Centre New Westminster**

10:30 Let's Paint 1  
12:00 Toonie Lunch  
12:45 Shopping Club  
1:30 Mental Aerobics  
*Who/What am I?*

10:30 Helping Hands 2  
11:00 Bowling (CLP)  
11:30 Strength & Stretch  
2:00 Arts & Crafts

10:30 Coffee Chat 3  
11:00 Cooking Class:  
*Potato Pancakes*  
12:30 Lunch & Learn  
1:30 Computer tutorials  
2:30 Jeopardy

10:30 Table Games 6  
11:45 Tai Chi  
12:00 Toonie Lunch  
1:00 Activity Club  
*Lougheed Mall*  
1:30 Karaoke

10:30 Coffee Chat 7  
11:15 Mindful Yoga  
12:30 Baker's Corner  
*Pecan Bread Pudding*  
2:30 Bingo

10:30 Let's Paint 8  
12:00 Toonie Lunch  
12:45 Shopping Club  
1:30 Mental Aerobics  
*Short stories*

10:30 Helping Hands 9  
11:00 Bowling (CLP)  
11:30 Strength & Stretch  
2:00 Arts & Crafts

10:30 Coffee Chat 10  
11:00 Cooking Class:  
*Chicken, Broccoli, Rice*  
12:30 Lunch & Learn  
1:30 Drama Club  
2:30 Brain Science

10:30 Table Games 13  
11:45 Tai Chi  
12:00 Toonie Lunch  
1:30 Name That Tune

10:30 Coffee Chat 14  
11:15 Mindful Yoga  
12:30 Chef's Corner  
*Chicken Pot Pie Soup*  
2:30 Bingo

10:30 Current Events 15  
12:00 Toonie Lunch  
12:45 Activity Club:  
Shopping  
1:30 Mental Aerobics  
*St. Patrick's Trivia*

10:30 Helping Hands 16  
11:00 Bowling (CLP)  
11:30 Strength & Stretch  
2:00 Arts & Crafts

**Spring & St. Patrick's Day Party! 12-3**

10:30 Table Games 20  
11:45 Tai Chi  
12:00 Toonie Lunch  
1:00 Activity Club  
*1st day of Spring Stroll*  
1:30 Vinyl Café

10:30 Coffee Chat 21  
11:15 Mindful Yoga  
12:30 Baker's Corner  
*Lemon Meringue Pie*  
2:30 Bingo

10:30 Board Games 22  
**12:00 Member's Party**  
1:00 Pool Tournament  
1:30 Recycling  
1:30 Star of the Month

10:30 Helping Hands 23  
11:00 Bowling (CLP)  
11:30 Strength & Stretch  
2:00 Arts & Crafts

10:30 Coffee Chat 24  
11:00 Cooking Class:  
*Chicken Enchilada*  
12:30 Lunch & Learn  
1:30 Celebrating Differences  
2:30 Pop Culture 1980

10:30 Table Games 27  
11:45 Tai Chi  
12:00 Toonie Lunch  
1:00 Activity Club  
*Gardenworks*  
1:30 Music Jam

10:30 Coffee Chat 28  
11:15 Mindful Yoga  
12:30 Chef's Corner  
*Pesto Penne*  
2:30 Bingo  
3:15 Computer Tutorials

10:30 Let's Paint 29  
12:00 Toonie Lunch  
12:45 Shopping Club  
1:30 Mental Aerobics  
Ted Talks

10:30 Helping Hands 30  
11:00 Bowling (CLP)  
11:30 Strength & Stretch  
2:00 Arts & Crafts

10:30 Coffee Chat 31  
11:00 Cooking Class:  
*Roasted Potato & Bacon*  
12:30 Lunch & Learn  
**1:30 Educational Session**  
*Decision Making*  
2:30 Trivia