



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="margin: 0;">APRIL 2015</h1> <h2 style="margin: 0;">New Westminster Headway Centre</h2>				
		1 10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Pier Sports 2:00 You be the Judge	2 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	3 Good Friday Centre Closed
6 Easter Monday Centre Closed	7 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Spaghettialla Carbonara 2:30 Bingo 3:00 Nail Spa	8 10:00 Table Games 12:00 Toonie Lunch 1:30 Activity Club: Travel to Austria	9 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	10 10:00 Coffee Chat 11:00 Cooking Class: Potato Casserole 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
13 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Name That Tune	14 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Chocolate Chip Cookies 2:30 Bingo 3:00 Nail Spa	15 10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Visit Brookside Lodge 2:00 Brain Games	16 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	17 10:00 Coffee Chat 11:00 Cooking Class: Chili 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
20 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Vinyl Cafe	21 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Hungarian Dish Lecso 2:30 Bingo 3:00 Nail Spa	22 10:00 Table Games 12:00 Member's Party 1:30 Pool Tournament 2:00 Recycling	23 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	24 10:00 Coffee Chat 11:00 Cooking Class: Chicken Pot Pie 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
27 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Music Jam	28 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Brownies 2:30 Bingo 3:00 Nail Spa	29 10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Speaker's Corner	30 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	 <p><i>Consider submitting an article to our newsletter! Clubhouse2@ striveliving.ca</i></p>

Address: 319 Columbia Street, New Westminster, BC, V3L 1A7. **Phone:** 604-520-0130 **Email:** clubhouse2@striveliving.ca **Hours:** M-F, 10-5

Monday

Tuesday

Wednesday

Thursday

Friday



MAY 2015

New Westminster Headway Centre

					10:00 Coffee Chat 11:00 Cooking Class: Beef Spaghetti 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler	1			
10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Vinyl Cafe	4	10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Tuna Salad 2:30 Bingo 3:00 Nail Spa	5	10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Pier Games 2:00 You be the Judge	6	10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	7	10:00 Coffee Chat 11:00 Cooking Class: Chicken Stir Fry 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler	8
10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Name That Tune	11	10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Oatmeal Cookies 2:30 Bingo 3:00 Nail Spa	12	10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Coffee Walk 2:00 Brain Games	13	10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	14	10:00 Coffee Chat 11:00 Cooking Class: Taco Salad 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler	15
Victoria Day Centre Closed	18	10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Schnitzel and Potatoes 2:30 Bingo 3:00 Nail Spa	19	10:00 Table Games 12:00 Member's Party 1:30 Pool Tournament 2:00 Recycling	20	10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	21	10:00 Coffee Chat 11:00 Cooking Class: Potato Salad and Soup 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler	22
10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Music Jam	25	10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Banana Bread 2:30 Bingo 3:00 Nail Spa	26	10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Speaker's Corner	27	10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	28	10:00 Coffee Chat 11:00 Cooking Class: Chicken Burritos 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler	29

Planning Week

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Vinyl Cafe	2 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Borscht Soup 2:30 Bingo 3:00 Nail Spa	3 10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Pier Games 2:00 You be the Judge	4 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	5 10:00 Coffee Chat 11:00 Cooking Class: Beef Stroganoff 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
8 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Vinyl Cafe	9 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Peanut Butter Cookies 2:30 Bingo 3:00 Nail Spa	10 Annual ABI Awareness BBQ 12-3pm Queen's Park	11 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	12 10:00 Coffee Chat 11:00 Cooking Class: Phyllo Pizza 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
15 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Name That Tune	16 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Hungarian Gulyas 2:30 Bingo 3:00 Nail Spa	17 10:00 Table Games 12:00 Toonie Lunch 1:00 Recycling 2:00 Brain Games	18 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	19 10:00 Coffee Chat 11:00 Cooking Class: Mac 'n Cheese 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
22 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Vinyl Cafe	23 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Baking Class: Choco-Walnut Cookies 2:30 Bingo 3:00 Nail Spa	24 10:00 Table Games 12:00 Toonie Lunch 1:00 Activity Club: Speaker's Corner	25 10:00 Helping Hands 11:00 Bowling(CLP) 11:30 Stretch & Strength 2:30 Headway's Artists	26 10:00 Coffee Chat 11:00 Cooking Class: Chicken Alfredo Pasta 12:30 Lunch & Learn 1:30 Walking Club 2:30 Game Sampler
29 10:00 Let's Paint 11:45 Tai Chi 12:45 Toonie Lunch 1:30 Shopping Club 2:00 Music Jam	30 10:00 Coffee Chat 11:15 Yoga Lite 1:00 Cooking Class: Spaghetti and Meatballs 2:30 Bingo 3:00 Nail Spa	 <p>2015</p> <p>New Westminster Headway Centre</p>		