



Time	Monday 10-5	Tuesday 10-5	Wednesday 10-9	Thursday 10-5	Friday 10-5
10am	Stroke Recovery BC Chinese Language Support Group (R) 10:00-1:00				
11am	Yoga Lite + Meditation 11:00- 12:00 Paint 2 Canvas 11:30-1:30	Board games and Cards w/ bingo 11:00-2:00 Self-Care in Style 11:00-12:00	Walking Club 11:00- 12:30 Cognitive Remediation Music Therapy 11:00- 12:30		Pinterest Projects 11:30-1:30
12pm	Strive Volunteers (R) 12:30-3:30 (Feb. 8 th & 22 nd) Computer Workshops 12:30- 3:30 (Feb. 1 st , 15 th , & 29 th) Central Perk Training 12-1		Central Perk Training 12-1	Monthly Special Events 12:00-1:30 (See below) Central Perk Training 12-1	Living Binders (R) 12:00 – 2:00 Central Perk Training 12-1
1pm	Coffee Connection 1:30-3:00	GF Strong Aphasia Group (R) 1:00-2:00 Grouponing in Vancouver (R) 1:00- 4:00pm	Let's do Lunch: Kitchen Preparation 1:00-2:30	Fabric Arts and Sewing 1:30-3:30	HFA and Aspergers Support Group (R) 1:00-2:30
2pm	Healthy Crumbs (R) 2:30-4:30	Simple Sweets and Treats 2:30-4:30 Metacognitive Program 2:00-3:00	Let's do Lunch (\$2 community meal) 2:00-3:00 RPG For All 2:00- 3:00	Penny Pinching 2:00-3:30 Clubs (knitting, Puzzlers) 2:00-4:00	Multi-Cultural Cooking Lessons (R) 2:30-4:30
3pm	Strive Poets Society (R) 3:30-4:30	Puppeteering and Personalities 3:30- 4:30	Sketchers 3:30-4:30	Healthy Relationships (R) 3:30-4:30	Last Comic Standing 3:30-4:30
4pm	Anger Management (R) 4:00-5:00				
5pm	 Chinese New Year Come celebrate Monday, Feb 8 th Join us for drop in activities, and a themed day!	<u>Key</u> (R) = Must be registered to attend <u>Program Facilitators</u> Jen, Sarah, Melissa, Antonia, James, Kandice & Katryna	Young Adults Night (R) 5:00-9:00 	Monthly Special Events Thursday's, 12:00-1:30pm January 4 th – Rotten Tomatoes Short Film Festival January 11 th – Speaker's Corner January 18 st – One Stop Health Shop January 25 th – Monthly Meeting & Pizza Party	