







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  Adapted Yoga 10:00-11:30	Coffee Connection 10:30-11:30	Gardening 10:00- 11:00 (4 <sup>th</sup> & 18 <sup>th</sup> ) 		Walking Club 10:00- 11:00
11am	Paint 2 Canvas 11:30-1:30	Board games and Cards 11:00-2:00 Bingo at 12pm	Coffee Connection 11:00-12:00		Coffee Connection 11:00-12:00  Pinterest Projects 11:30-1:30
12pm	Strive Volunteers (R) 12:30-3:30	Self-Care in Style 12:00-1:00	Kitchen Prep Skills 12:00-2:30	Monthly Special Events 12:00-1:30 (See below)	
1pm	Coffee Connection 1:30-3:00	GF Strong Aphasia Group (R) 1:00-2:00  Vancouver Adventures (R) 1:00- 4:00pm		Coffee Connection 1:30-2:30  Meal Planning 1:30 – 3:30 	Wii Games 1:00 – 2:00
2pm	Healthy Crumbs (R) 2:30-4:30	Simple Sweets and Treats 2:30-4:30	\$2 Community Lunch 2:30-3:00	Fabric Arts and Sewing 2:30-4:00*	Tai Chi 2:00- 2:30   Multi-Cultural Cooking Lessons (R) 2:30-4:30
3pm	Strive Poets Society (R) 3:30-4:30		Cognitive Remediation Music Therapy 3:00-4:30	Healthy Relationships (R) 3:30-4:30	Vinyl Cafe 3:00-4:30 
4pm	Anger Management (R) 4:00-5:00				
5pm	<b>Summer Program Guide release</b> Check out the June – August Program Guide  New programs New activities	<u>Key</u> (R) = Must be registered to attend  <u>Program Facilitators</u> Jen, Sarah, Melissa, Antonia & Katryna 	Young Adults Night (R) 5:00-9:00  Join our Garden team today! You can work on the garden at any time – check our to-do list in the centre Meetings are May 4 <sup>th</sup> & 18 <sup>th</sup> at 10am	<b>Monthly Special Events</b> Thursday's, 12:00-1:30pm May 5 <sup>th</sup> – Rotten Tomatoes Film Fest May 12 <sup>th</sup> – Pool Tournament May 19 <sup>th</sup> – Special Guest: Reiki May 26 <sup>th</sup> – Monthly Meeting & Pizza Party	