

Time	Monday 10-5	Tuesday 10-5	Wednesday 10-9	Thursday 10-5	Friday 10-5
10am	Stroke Recovery BC (R) 10:00-1:00  Adapted Yoga 10:00-11:00	Meditation & Mindfulness 10:00-11:00	Gardening 10:00-11:00	Employment Support Program (R) 10:30-12:00	Walking Club 10:00-11:30
11am	Coffee Connection 11:00-12:00	Coffee Connection 11:00-12:00  Kitchen Prep (R) 11:00-1:30	Coffee Connection 11:00-12:00		Coffee Connection 11:30-12:30
12pm	Paint 2 Canvas 12:00-2:00	Jazzercise at CNH 12:00-1:00  Toonie Lunch & Games 12:30-2:00 (Lunch at 1:00, Bingo at 1:30)	Healthy Crumbs (R) 12:30-2:30	Monthly Program (see below) 12:00-1:30	"Essentially Me" Scrapbooking (R) 12:30-2:00  Memory Management 12:30-1:30
1pm	Pick-a-Flick 1:00-3:00	GF Strong Aphasia (R) 1:00-2:00		Meal Planning (R) 1:30-3:30  Coffee Connection 1:30-2:30	
2pm	Communications and Social Cues (R) 2:00-3:30  Simply Healthy Baking (R) 2:30-4:30	Vancouver Adventures (R) 2:00-5:00  Poets Society 2:30-3:30		Fabric Arts 2:30-4:00	Multi-Cultural Cooking (R) 2:00-4:00  Tai Chi 2:00-2:30
3pm		Employment Support Program (R) 3:00-4:30	Music Therapy 3:00-4:30	Healthy Relationships (R) 3:30-4:30	Vinyl Cafe 3:00-4:30
4pm	Anger Management 4:00-5:00				
5pm	<p><b>Join us for the Annual ABI Awareness BBQ Thursday, July 11<sup>th</sup> @ Queen's Park</b></p> <p><b>Register for your programs TODAY! Cooking program spots are limited.</b></p>	<p><u>Key</u> (R) = Must be registered to attend * = Note time change</p> <p><u>Program Facilitators</u> Jen, Sarah, Melissa, Antonia, James, Kandice &amp; Katryna</p>	<p>Young Adults Night (R) 5:00-9:00</p>  <p>June 2<sup>nd</sup></p>	<p><b>Monthly Special Events Thursday's, 12:00-1:30pm</b></p> <p>June 2<sup>nd</sup> – One Year Party</p> <p>June 9<sup>th</sup> – What is mindfulness? Discussion &amp; Practice</p> <p>June 16<sup>th</sup> – Pool &amp; Scrabble Tournament</p> <p>June 23<sup>rd</sup> – Park Games</p> <p>June 30<sup>th</sup> – Monthly Meeting &amp; Pizza Party</p>	