JULY 2016

Headway Center New Westminster

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed July 1
4 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Karaoke	10:00 Coffee Chat **5** 11:15 Mindful Yoga 12:45 Chef's Corner *Breakfast Casserole* 2:30 Bingo 3:15 Nail Spa	10:30 Let's Paint **6** 12:00 Toonie Lunch 1:00 Activity Club: *Picnic at the Quay* 1:30 Mental Aerobics *Starts & Ends*	10:00 Helping Hands **7** 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts and Crafts	10:00 Coffee Chat **8** 11:00 Cooking Class: *Chicken Cesar Wraps* 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 Popcorn and Pop Culture
11 **Annual ABI Awareness BBQ 12-3pm Queen's Park** ***Centre closed on this day***	10:00 Coffee Chat **12** 11:15 Mindful Yoga 12:45 Baker's Corner *Frosted sugar cookie bars* 2:30 Bingo 3:15 Nail Spa	10:30 Current Events **13** 12:00 Toonie Lunch 1:00 Activity Club: *Photography Club* 1:30 Program Travel to	**14** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:00 Coffee Chat **15** 11:00 Cooking Class: *Caprese Orzo Salad* 12:30 Lunch & Learn 1:45 Travel to____
18 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Vinyl Café	**19** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Chef's Corner *Zucchini Fries* 2:30 Bingo 3:15 Nail Spa	10:30 World News **20** 12:00 Toonie Lunch 1:00 Activity Club: *Coffee Walk* 1:45 Creative expressions: *Time Slips*	**21** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:00 Coffee Chat **22** 11:00 Cooking Class: *Tuscan Style Sandwiches* 12:30 Lunch & Learn 1:30 Computer Tutorials 2:30 Jeopardy
25 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Jam	**26** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Baker's Corner *Apple Crisp* 2:30 Bingo 3:15 Computer Tutorials	10:00 Let's Paint **27** 12:00 Toonie Lunch 1:00 Activity Club: *Bocce at the Quay* 1:30 Conversation Club: *When you were young*	**28** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:00 Coffee Chat **29** 11:00 Cooking Class: *Mexican Chicken Rice Salad* 12:30 Lunch & Learn 1:30 Educational Session: **Healthy Living Summer: Heat Stroke** 2:30 Trivia

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
1 **BC Day** **Centre Closed!**	**2** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Chef's Corner *Spinach Quiche* 2:30 Bingo 3:15 Nail Spa	**3** 10:30 Current Events 12:00 Toonie Lunch 1:00 Activity Club: *Picnic at the Quay* 1:30 Mental Aerobics: *Sunny Words*	**4** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	**5** 10:00 Coffee Chat 11:00 Cooking Class: *Ma Po Tofu* 12:30 Lunch & Learn 1:30 Computer Tutorials 2:30 Mad Science
8 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Appreciation	**9** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Baker's Corner *Snickerdoodles* 2:30 Bingo 3:15 Nail Spa	**10** 10:30 World News 12:00 Toonie Lunch 1:00 Activity Club: *Photography Club* 1:45 Travel To___	**11** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	**12** 10:00 Coffee Chat 11:00 Cooking Class: *Greek Quinoa Salad* 12:30 Lunch & Learn 1:30 Charades 2:30 YouTube Entertainment
15 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Name That Tune	**16** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Chef's Corner *Fried Rice* 2:30 Bingo 3:15 Nail Spa	**17** 10:30 Let's Paint 12:00 Toonie Lunch 1:00 Activity Club: *Ice Cream Stroll* 1:45 Mental Aerobics: *Word Pyramid*	**18** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	**19** 10:00 Coffee Chat 11:00 Cooking Class: *Cheese Amish Breakfast* 12:30 Lunch & Learn 1:30 Computer Tutorials 2:30 Pop Culture
22 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Vinyl Café	**23** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Baker's Corner *Walnut Brownies* 2:30 Bingo 3:15 Nail Spa	**24** *10:00 Board Games* ***12:00 Members' Party*** *1:00 Pool Tournament* *1:45 "Fun" ology Quiz* 1:30 Recycling	**25** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	**26** 10:00 Coffee Chat 11:00 Cooking Class: *Hawaiian Macaroni* 12:30 Lunch & Learn 1:30 Educational Session: **Healthy Living Summer: Seasonal Fr** 2:30 Trivia
29 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Jam	**30** 10:00 Coffee Chat 11:15 Mindful Yoga 12:45 Chef's Corner *Fettuccini Alfredo* 2:30Bingo 3:15 Nail Spa	**31** 10:30 Current Events 12:00 Toonie Lunch 1:00 Activity Club: *Library Visit* 1:30 Conversation Club *When you were young*		

AUGUST 2016

HEADWAY CENTRE NEW WESTMISNTER

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
			1 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Craft	**2** 10:00 Coffee Chat 11:00 Cooking Class: *Baked Rigatoni with Beef* 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 YouTube entertainmen
5 **Labour Day Centre Closed!**	10:00 Coffee Chat **6** 11:15 Mindful Yoga 12:45 Baker's Corner *Blueberry Muffins* 2:30 Bingo 3:15 Nail Spa	10:30 Let's Paint **7** 12:00 Toonie Lunch 1:00 Activity Club: *Picnic at the Quay* 1:45 Mental Aerobics: *Words in a Word*	**8** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	**9** 11:00 Cooking Class: *Mini Bagel Pizzas* 12:30 Lunch & Learn 1:30 Charades 2:30 Mad Science
12 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Karaoke	10:00 Coffee Chat **13** 11:15 Mindful Yoga 12:45 Chef's Corner *Sheppard's Pie* 2:30 Bingo 3:15 Nail Spa	10:30 Current Events**14** 12:00 Toonie Lunch 1:00 Activity Club: *Photography Club* 1:45 Program Travel to_____	**15** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:30 Arts & Crafts	10:00 Coffee Chat **16** 11:00 Cooking Class: *Chinese Chicken Fried Rice* 12:30 Lunch & Learn 1:30 Computer Tutorials 2:30 Jeopardy
19 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Trivia	10:00 Coffee Chat **20** 11:15 Mindful Yoga 12:45 Baker's Corner *Peach Cobbler* 2:30 Bingo 3:15 Nail Spa	10:00 Board Games **12:00 Member's Party** 1:00 Pool Tournament 1:30 "Fun" ology Quiz 1:30 Recycling	**22** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:00 Coffee Chat **23** 11:00 Cooking Class: *BLT Pasta Salad* 12:30 Lunch & Learn 1:45 Travel To
26 10:00 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Jam	10:00 Coffee Chat **27** 11:15 Mindful Yoga 12:45 Chef's Corner *Chicken Pot Pie* 2:30 Bingo 3:15 Computer Tutorials	10:30 World News **28** 12:00 Toonie Lunch 1:00 Activity Club: *Quay Walk* 1:45 Conversation Club: *When you were young*	**29** 10:00 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:00 Coffee Chat **30** 11:00 Cooking Class: *Spicy Chicken Tacos* 12:30 Lunch & Learn 1:30 Educational Session: **Healthy Living Summer: Body & Mind** 2:30 Trivia

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