


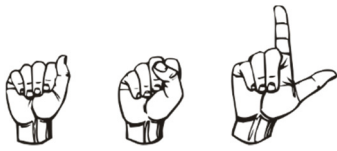
Time	Monday 10-5	Tuesday 10-5	Wednesday 10-9	Thursday 10-5	Friday 10-5
10am	Stroke Recovery BC (R) 10:00-1:00 Adapted Yoga 10:00-11:00	Coffee Connection (for early risers) 10:15-11:00	Gardening 10:00-11:00	Stretch and Strength 10:15-11:30	Walking Club 10:00-11:30
11am	Coffee Connection 11:00-12:00	Kitchen Prep (R) 11:00-1:00	Coffee Connection (in centre) 11:00-12:00	Crafters Corner Committee 11:30-12:00	Coffee Connection 11:30-12:30
12pm	Paint 2 Canvas 12:00-2:00	Toonie Lunch & Games 12:30-1:30 (Lunch at 12:30, Bingo at 1:00)	Pool Players Club 12:30-1:30	Monthly Special Event (see below) 12:00-1:00	Food for Thought (R) 12:30-2:00
1pm	Pick-a-Flick 1:00-3:00	Vancouver Adventures (R) 1:30-4:30	Card Making 1:30-3:30	Holiday Crafters Corner 1:00-3:00	Memory Management 12:30-1:30
2pm	Communication and Social Cues (R) 2:00-3:30 Simply Healthy Seasonal Baking (R) 2:30-4:30	Joyce Theatrics & Charades 2:30-4:00	Video and Board Games 2:00-3:00	Meal Planning (R) 2:00-3:00	Multi-Cultural Cooking (R) 2:00-4:00 Tai Chi 2:00-2:30
3pm		Employment Support (R) 3:00-4:30 (registration only & by appointment)	Technology and You 3:00-4:30	Textiles: Mask Making 3:00-4:30 Healthy Relationships (R) 3:30-4:30	Music & Karaoke 3:00-4:30
4pm					
5pm	<div style="border: 2px dashed orange; padding: 5px; width: fit-content;"> <b>**NOTICE**</b>            Strive Centre is CLOSED FRIDAY, Sept. 5<sup>th</sup> for Labour Day         </div>	<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   <b>ASL Workshop</b> Thursday, Sept. 1 <sup>st</sup>	<b>Monthly Special Events</b> <b>Thursday's, 12:00-1:00pm</b>  Sept 1 <sup>st</sup> – Sign Language Basics Sept 8 <sup>th</sup> – Benefits and Basics of Yoga Sept 15 <sup>th</sup> – Pool & Darts Tournament Sept 22 <sup>nd</sup> – Childhood Cancer Awareness Sept 29 <sup>th</sup> – Monthly Meeting & Party  Please RSVP for these special events ☺	

The September Calendar does not reflect the complete FALL Program Guide. The FALL Program Guide will reflect October – December schedules.

Please complete a **Registration Form** to register for registration-only September programs and to receive phone-call reminders for drop-in or registration programs.

# Special Events in September

September 1<sup>st</sup>, Thursday: **Sign Language Basics**



Interested to learn basic sign language? Want to communicate better with others? This workshop is for you! (Brought to you by participant request). Join us in our first ASL workshop, facilitated by Jen.

Strive Centre, 12:00 - 1:00pm

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September 5<sup>th</sup>, Friday: **Labour Day! Strive Centre is CLOSED**

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September 8<sup>th</sup>, Thursday: **Benefits and Basics of Yoga**



*Join us for a short talk on the benefits of yoga, and engage in an introductory yoga session. Special speaker and facilitator from Karma Teachers!*

Karma Teachers is a group of yoga teachers committed to selfless action and giving back to community. Our teachers are passionate about yoga and sharing its many benefits. We make yoga accessible to those groups that might not otherwise have an opportunity to participate in yoga classes.

Strive Centre, 12:00 - 1:00pm

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September 15<sup>th</sup>, Thursday: **Pool & Darts Tournament**



*Sign up today for Pool & Darts tournament! Prizes and bragging rights included*

Note that we use a magnetic dart board, please do not bring your personal dart set.

Strive Centre, 12:00 - until all games are played

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September 22<sup>nd</sup>, Thursday: **Childhood Cancer Awareness Gathering**



*Are you an Adult Childhood Cancer Survivor who experienced brain injury due to the treatment you received as a child?*

If you are interested in meeting others with similar experiences, please join us on Sept. 22<sup>nd</sup> at the Strive Centre. Among friendly conversation, we would like to discuss what you would like to see in a group that meets for social and/or educational events. *Beverley Biggs from the LEAF Clinic at BC Cancer Agency will be there to join in on the discussion.*

Strive Centre, 12:00 - 1:00pm

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September 29<sup>th</sup>, Thursday: **Monthly Meeting and Party**



We will be discussing the Fall Program Guide, the Power to Be hiking trip, the fall outdoor program options and much more! There is also a feedback and open forum time! Pizza and refreshments will be served (free)!

Strive Centre, 12:00 - 3:00pm

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