



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Karaoke	4 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Roasted Cauliflower Soup</i> 2:30 Bingo	5 11:00 Let's Paint 12:00 Toonie Lunch 12:30 Activity Club: <i>Pumpkin Patch</i> 1:30 Mental Aerobics <i>What Do you know?</i>	6 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts and Crafts	7 10:30 Coffee Chat 11:00 Cooking Class: <i>Taco Salad</i> 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 History of ...
10 Thanksgiving Centre Closed!	11 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Nutella Banana Crescent Rolls</i> 2:30 Bingo	12 11:00 Current Events 12:00 Toonie Lunch 1:00 Activity Club: Anvil Centre 1:30 Mental Aerobics <i>Scrambled Words</i>	13 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	14 10:30 Coffee Chat 11:00 Cooking Class: <i>Tater Tot hot dish</i> 12:30 Lunch & Learn 1:45 Travel to _____
17 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Vinyl Café	18 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Beef Stroganoff</i> 2:30 Bingo	19 10:30 Board Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Time Slips	20 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	21 10:30 Coffee Chat 11:00 Cooking Class: <i>Root Veggie Stew</i> 12:30 Lunch & Learn 1:30 Pop Culture 1970
24 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Name That Tune	25 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Toasted S'more Cookies</i> 2:30 Bingo 3:15 Computer Tutorials	26 11:00 World News 12:00 Toonie Lunch 1:00 Activity Club: Photography Club 1:30 Mental Aerobics <i>Words in a Word</i>	27 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	28 10:30 Coffee Chat 11:00 Cooking Class: <i>Turkey Casserole</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Positive Stress management</i> 2:30 Trivia
31 Halloween Party 12-3 *Tai Chi class is cancelled on this day	 <p><i>October 2016</i> Headway Centre New Westminster</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
 10:30 Coffee Chat 1 11:15 Mindful Yoga 12:30 Chef's Corner <i>Taco Bake</i> 2:30 Bingo	10:30 Coffee Chat 1 11:15 Mindful Yoga 12:30 Baker's Corner <i>Taco Bake</i> 2:30 Bingo	11:00 Let's Paint 2 12:00 Toonie Lunch 12:30 Activity Club: Royal City Mall Walk 1:30 Mental Aerobics <i>My Favorite Things</i>	10:30 Helping Hands 3 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 4 11:00 Cooking Class: <i>Pasta Bolognese</i> 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 History of ...
10:30 Table Games 7 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Karaoke	10:30 Coffee Chat 8 11:15 Mindful Yoga 12:30 Baker's Corner <i>Pumpkin Scones</i> 2:30 Bingo	11:00 Current Events 9 12:00 Toonie Lunch 1:00 Activity Club: <i>New West City Hall</i> 1:30 Mental Aerobics Remembrance Day Trivia	10:30 Helping Hands 10 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	Remembrance Day Centre Closed!
10:30 Table Games 14 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Trivia	10:30 Coffee Chat 15 11:15 Mindful Yoga 12:30 Chef's Corner <i>Butternut squash soup</i> 2:30 Bingo	11:00 World News 16 12:00 Toonie Lunch 1:00 Activity Club: River Market - NW 1:30 Mental Aerobics What Would you Do?	10:30 Helping Hands 17 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts	10:30 Coffee Chat 18 11:00 Cooking Class: <i>Vegetarian Chili</i> 12:30 Lunch & Learn 1:30 Pop Culture 1950
10:30 Table Games 21 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Vinyl Café	10:30 Coffee Chat 22 11:15 Mindful Yoga 12:30 Baker's Corner Apple Chimichangas 2:30 Bingo	10:30 Board Games 23 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling <i>1:45 What Am I</i>	24 Holiday Bash 2-6 pm *Party will take place at Strive Centre *Headway closed!	10:30 Coffee Chat 25 11:00 Cooking Class: <i>Sheppard's Pie</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Seasonal Affective Disorder</i> 2:30 Trivia
10:30 Table Games 28 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Jam	10:30 Coffee Chat 29 11:15 Mindful Yoga 12:45 Chef's Corner <i>Beef Pot Pie</i> 2:30 Bingo 3:15 Computer Tutorials	11:00 Let's Paint 30 12:00 Toonie Lunch 12:45 Activity Club: Coffee Walk <i>1:30 Ted Talks: What's New in the Brain Tech</i>	 NOVEMBER 2016 Headway Centre New Westminster	

Address: 319 Columbia Street, New Westminster, BC, V3L 1A7. **Phone:** 604-520-0130 **Email:** clubhouse2@striveliving.ca **Hours:** M-F, 10:30-4:30

Monday

Tuesday

Wednesday

Thursday

Friday

December



			<p>10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Craft</p>	<p>10:30 Coffee Chat 11:00 Cooking Class: <i>Turkey tetrazzini</i> 12:30 Lunch & Learn 1:30 Computer tutorials 2:30 History of ...</p>
<p>5 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Karaoke</p>	<p>6 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Shortbread Bites</i> 2:30 Bingo</p>	<p>7 11:00 Let's Paint 12:00 Toonie Lunch 12:30 Activity Club: <i>Lougheed Mall Walk</i> 1:45 Mental Aerobics: <i>Words in a word</i></p>	<p>8 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts</p>	<p>9 10:30 Coffee Chat 11:00 Cooking Class: <i>Swedish Meatballs</i> 12:30 Lunch & Learn 1:30 Drama Club 2:30 YouTube videos</p>
<p>12 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Christmas Carols</p>	<p>13 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Chef's Corner <i>Lasagna Roll Ups</i> 2:30 Bingo</p>	<p>14 11:00 Current Events 12:00 Toonie Lunch 12:30 Activity Club: <i>Burnaby Christmas Village</i> 1:45 Travel to Middle East</p>	<p>15 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:30 Arts & Crafts</p>	<p>16 10:30 Coffee Chat 11:00 Cooking Class: <i>Chicken Noddle Casser.</i> 12:30 Lunch & Learn 1:30 Christmas Game 2:30 Jeopardy</p>
<p>19 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Shopping Club 1:30 Music Jam</p>	<p>20 10:30 Coffee Chat 11:15 Mindful Yoga 12:30 Baker's Corner <i>Cranberry Cake</i> 2:30 Bingo 3:15 Computer Class</p>	<p>10:30 Board Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Christmas Games</p>	<p>22 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts</p>	<p>23 Centre Closed! Happy Holidays!</p>
<p>26 Centre Closed! Happy Holidays!</p>	<p>27 Centre Closed! Happy Holidays!</p>	<p>28 11:00 World News 12:00 Toonie Lunch 12:45 Activity Club: <i>New Year's Coffee Walk</i> 1:45 Mental Aerobics <i>Words in a word</i></p>	<p>29 10:30 Helping Hands 11:00 Bowling (CLP) 11:30 Strength & Stretch 2:00 Arts & Crafts</p>	<p>30 10:30 Coffee Chat 11:00 Cooking Class: <i>Potato Skins</i> 12:30 Lunch & Learn 1:30 Educational Session Holistic Living 2:30 Trivia</p>

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