


# October 2016 Program Schedule

	<b>Monday</b> Open 10-5	<b>Tuesday</b> Open 10-5	<b>Wednesday</b> Open 10-9	<b>Thursday</b> Open 10-5	<b>Friday</b> Open 10-5
<b>10am</b>	Stroke Recovery BC (R) 10:00-1:00  Rhythm and Movement 10:00-11:30	Coffee Connection 10:30-11:30	Walking Club 10:15-11:00	Stretch and Strength 10:15-11:30	Walking Club 10:15-11:30
<b>11am</b>		Kitchen Prep (R) 11:30-1:30	Coffee Connection 11:00-11:30  Pool Players Club 11:30-2:30	Craft Fair Corner Committee 11:30-12:00	Autumn Hobbyists 11:30-1:00
<b>12pm</b>	Coffee Connection 12:00-12:30  Paint 2 Canvas 12:00-2:00	Toonie Lunch & Games 12:30-1:30 Bingo at 1pm  Communication and Social Cues (R) 12:00-1:00	Healthy Harvesters (R) 12:00-1:30	Monthly Special Event (see below) 12:00-1:00	Reading, Writing & Math (R) 12:00-2:00  Food for Thought (R) 12:30-2:00
<b>1pm</b>	Pick-a-Flick 1:00-2:00	Vancouver Adventures (R) 1:30-4:30	Board Games 1:00-3:00	Holiday Crafter's Corner 1:00-3:00  Coffee Connection 1:00-1:30	
<b>2pm</b>	Bowling 2:15-4:00 (R)  Simply Healthy Seasonal Baking (R) 2:30-4:30	Video Games 2:00-4:00  Card Making 2:30-3:30	Meal Planning (R) 2:00-3:00	Technology and You (R) 2:00-3:30  SKILLS Program (R) 2:00-4:00	Multi-Cultural Holiday Cooking (R) 2:00-4:00  Tai Chi 2:00-2:30
<b>3pm</b>	Healthy Relationships (R) 3:00-4:00	Employment Support Program (R) 3:00-4:30 (by registration & appointment)	Joyce Theatrics & Charades 3:00-4:30	Textiles: Costume Making 3:00-4:30	Music & Karaoke 3:00-4:30
<b>4pm</b>					
<b>5pm</b>	<div style="border: 2px dashed orange; padding: 5px; display: inline-block;"> <b>**NOTICE**</b>            Strive Centre is <b>CLOSED Monday, Oct. 10<sup>th</sup></b> for Thanksgiving         </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>Monthly Special Events</b> <b>Thursday's, 12:00-1:00pm</b> Please RSVP for these special events ☺ Oct. 6 <sup>th</sup> – RDSP Workshop Oct. 13 <sup>th</sup> – Pool and Darts Tournament Oct. 20 <sup>th</sup> – Autism Awareness 101 Oct. 27 <sup>th</sup> – Monthly Meeting and HALLOWEEN Party *Wed - Oct. 5 <sup>th</sup> – Franwich Night*	
					

# Special Events in October

October 5<sup>th</sup>, Wednesday: **Franwich Night (Young Adults)**



Give to others in need! Join the Young Adults group in making and distributing food in the downtown eastside. We will also be providing toques and reflectors, encouraging people to stay visible and to stay safe around traffic. Please RSVP with reception. Also looking for volunteers to help prepare in Kitchen Prep Program (Tuesday, Oct. 4<sup>th</sup>).

Downtown Eastside (travel together), 5:00-8:00pm

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October 6<sup>th</sup>, Thursday: **RDSP Workshop**



Do you qualify for the disability tax credit? Are you aware that there is up to \$90,000 in grants and bonds available from the federal government? Curious to learn more? Find out more at this Financial wellness workshop, with professional guest speakers. OPEN to all community members.

Strive Centre, 12:00 - 1:00pm

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October 10<sup>th</sup>, Monday: **Happy Thanksgiving! Strive Centre is CLOSED**

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October 13<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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October 20<sup>th</sup>, Thursday: **Autism Awareness 101**



***October is Autism Awareness Month!***

What is Autism Spectrum? Aspergers? Curious to learn more about what Autism Spectrum means? We will be watching a short video, sharing discussion and distributing information for anyone interested in learning more.

Strive Centre, 12:00 – 1:00

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October 27<sup>th</sup>, Thursday: **Monthly Meeting and Halloween Party**



We will be discussing the upcoming November special events, winter outdoor program options and much more! There is also a feedback and open forum time! Pizza and refreshments will be served (free)!

Our Annual HALLOWEEN PARTY is back! Come dressed up or in your daily clothes (worn backwards maybe?) There will be a costume contest, dancing, pumpkin carving and more! Join us for another fun celebration at the Strive Centre ☺

Strive Centre, 12:00 - 4:00pm

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