

Name: _____

Phone Number: _____



Strive Centre Registration Form

Cycle One: October 3rd – November 11th

Cycle Two: November 14th – December 30th

Spots are limited and subject to assessment based on goal priority. Place beside the activity you want to join. **REGISTER TODAY!**

Would you like to be called the day before your program for a reminder? Y or N

Leisure Expressions

Program	Time	Drop in/ Registration	<input checked="" type="checkbox"/> Cycle One	<input checked="" type="checkbox"/> Cycle Two
Paint 2 Canvas	Monday's 12:00-2:00	Drop-in friendly		
Coffee Connection	Monday's 12:00-12:30	Drop-in friendly		
	Tuesday's 10:30-11:30			
	Wednesday's 11:00-11:30			
	Thursday's 1:00-1:30			
Pick-a-Flick	Monday 1:00–2:00	Drop-in friendly		
Bowling	Monday's 2:15-4:00	Registration only		
\$2 Community Lunch and Games	Tuesday's 12:30-2:00	Drop-in friendly		
Video Games	Tuesday's 2:00-4:00	Drop-in friendly		
Vancouver Adventures	Tuesday's 1:30-4:30	Registration only		
Card Making	Tuesday's 2:30-3:30	Drop-in friendly		
Pool Players Club	Wednesday's 11:30-2:30	Drop-in friendly		
Games Hours	Wednesday's 1:00-3:00	Drop-in friendly		
Joyce Theatrics and Charades	Wednesday's 3:00-4:30	Drop-in friendly		
Young Adults Night	Wednesday's 5:00-9:00	Registration only		
Crafter's Corner	Thursday's 1:00-3:00	Drop-in friendly		
Textiles: Costumes/ Clay	Thursday's 3:00-4:30	Drop-in friendly		
Autumn Hobbyists	Friday's 11:30-1:00	Drop-in friendly		
Music & Karaoke	Friday's 3:00-4:30	Drop-in friendly		

Employment Skills

Program	Time	Drop in/ Registration	<input checked="" type="checkbox"/> Cycle One	<input checked="" type="checkbox"/> Cycle Two
Kitchen Preparation Skills Development	Tuesday's 11:00-1:30	Registration only		
Employment Support Program	Tuesday's 3:00-4:30	Registration only. Must make appointment		
Craft Fair Corner Committee	Thursday's 11:30-12:00	Registration only		

Technology and You	Thursday's 2:00-3:30	Drop-in friendly		
Reading, Writing and Math	Friday's 12:00-2:00	Registration only		
Central Perk Barista Training	Flexible times – contact us	Registration only		

Personal Growth

Program	Time	Drop in/ Registration	√ Cycle One	√ Cycle Two
Healthy Relationships	Monday's 3:00-4:00	Registration only		
Social Cues & Communication	Tuesday's 12:00-1:00	Registration only		
SKILLS Program	Thursday's 2:00-4:00	Registration only		

Physical Fitness

Program	Time	Drop in/ Registration	√ Cycle One	√ Cycle Two
Rhythm and Movement	Monday's 10:00-11:30	Drop-in friendly		
Stretch and Strength	Thursday's 10:15-11:30	Drop-in friendly		
Walking Club	Wednesday's 10:15-11:00	Drop-in friendly		
	Friday's 10:15-11:30	Drop-in friendly		
Tai Chi	Friday's 2:00-2:30	Drop-in friendly		

Healthy Living

Program	Time	Drop in/ Registration	√ Cycle One	√ Cycle Two
Stroke Recovery BC Chinese Language Support Group	Monday's 10:00-1:00	Registration only		
Simply Healthy Seasonal Baking	Monday's 2:30-4:30	Registration only		
Healthy Harvesters	Wednesday's 12:00-1:30	Registration only		
Meal Planning	Wednesday's 1:30-3:30	Registration only		
Food for Thought	Friday's 12:30-2:00	Registration only		
Multi-Cultural Holiday Cooking Lessons	Friday's 2:00-4:00	Registration only		