

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>New Cloverdale Museum</i> 1:30 Music & Mood Wellness	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Chicken Gnocchi Soup</i> 2:30 Bingo	11:15 Conversation Starter 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mind Joggers <i>Descriptive Clichés</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Thanksgiving Pie Garland</i>	10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Bacon & Onion Spaetzle</i> 12:30 Oktoberfest Celebration 2:15 Oktoberfest Trivia Competition
Happy Thanksgiving! Centre closed!	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Apple Shortbread Bites</i> 2:30 Book Club <i>Did you know?</i>	11:15 Trivia Café <i>October Edition</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Pumpkin Stamping</i>	10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Traditional Shepard's Pie</i> 12:30 Healthy Choices 1:30 Apples to Apples 2:30 Armchair Travel <i>Europe</i>
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Musical Jeopardy	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Fall Harvest Salad</i> 2:30 Bingo	11:15 Full Drill <i>Safety Earthquake</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mind Joggers <i>Two Part Cities</i>	Shakeout BC Day 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Spooky Ghosts</i>	10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Traditional French Onion Soup</i> 12:30 Healthy Choices 11:30 Activity Club <i>Port Kells Nursery</i> 1:30 Balloon Tennis 3:00 Movie Matinee
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>A Brisk Walk in the Park</i> 1:30 Name That Tune	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake & Taste <i>Pumpkin Pie Bites</i> 2:30 Book Club <i>Did you know?</i>	10:30 Card Games 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Spider Web Art</i>	10:30 Sip & Chat 11:15 Chef's Corner (CLP) <i>Tomato Chorizo Penne</i> 12:30 Healthy Choices 1:30 Educational Session <i>Cultural Diversity: Sensitivity & Definitions</i> 2:15 Trivia
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Laity Pumpkin Patch</i> 1:30 Music Jam	10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook & Taste <i>Pan Bratwursts w/vegs</i> 2:30 Bingo	Halloween Party! 12-3	October 2018 Strive Centre Headway	

Monday

Tuesday

Wednesday






Thursday

Friday

NOVEMBER 2018

Strive Centre Headway

				10:30 Helping Hands 1 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Scarecrow Magnets</i>	10:30 Sip & Chat 2 11:15 Chef's Corner (CLP) <i>Shrimp/Ham Salad Rolls</i> 12:30 Healthy Choices 1:30 Newspaper Headline Game 2:30 Armchair Travel: Asia
10:30 Board Games 5 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Salmon Watching</i> 1:30 Music Trivia	10:30 Coffee Klatch 6 11:30 Chair Yoga 12:45 Bake & Taste <i>Hot Chocolate Cupcakes</i> 2:30 Book Club <i>Did you know?</i>		11:15 Conversation Starter 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 8 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Fall Wreaths</i>	10:30 Sip & Chat 9 11:15 Chef's Corner (CLP) <i>Okonomiyaki Shrimp/Beet</i> 12:30 Healthy Choices 1:00 Teaching Session w/ Douglas Nursing Students 2:30 Family Feud
Remembrance Day Centre Closed!	10:30 Coffee Klatch 13 11:30 Chair Yoga 12:45 Cook & Taste <i>Beef & Mushroom Stroganoff</i> 2:30 Bingo	11:15 Trivia Café 14 <i>November Edition</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mind Joggers <i>Sounds & Tastes</i>		10:30 Helping Hands 15 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Pinecone Hedge Hogs</i>	10:30 Sip & Chat 16 11:15 Chef's Corner (CLP) <i>Beef Bulgogi</i> 12:30 Healthy Choices 1:00 Teaching Session w/ Douglas Nursing Students 2:30 Who wants to be Millionaire
10:30 Board Games 19 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Musical Jeopardy	10:30 Coffee Klatch 20 11:30 Chair Yoga 12:45 Bake & Taste <i>Peppermint Meltaways Cookies</i> 2:30 Book Club	10:30 Card Games 21 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo		10:30 Helping Hands 22 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Wine Cork Reindeer</i>	10:30 Sip & Chat 23 11:15 Chef's Corner (CLP) <i>Pancit and Spring Rolls</i> 12:30 Healthy Choices 11:30 Activity Club Vancouver X-mas Market 1:30 Clowning Around
10:30 Board Games 26 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Festive Coffee Walk</i> 1:30 Music Jam	10:30 Coffee Klatch 27 11:30 Chair Yoga 12:45 Cook & Taste <i>Chicken Casserole</i> 2:30 Bingo	11:15 Fall/Winter Safety 28 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mind Joggers <i>Proverbs to live by</i>		10:30 Helping Hands 29 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art Pom Pom Santas	10:30 Sip & Chat 30 11:15 Chef's Corner (CLP) Egg Fried Rice w/ Chicken 12:30 Healthy Choices 1:30 Educational Session <i>Cultural Diversity: Inclusion</i>

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Board Games 3 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Guilford Mall</i> 1:30 Name That Tune	10:30 Coffee Klatch 4 11:30 Chair Yoga 12:45 Bake & Taste <i>Ginger Bread Bars</i> 2:30 Book Club <i>Did you know?</i>	11:15 Conversation 5 Starter 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands 6 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Christmas Ornament Making</i>	10:30 Sip & Chat 7 11:15 Chef's Corner (CLP) <i>Quebec Poutine</i> 12:30 Healthy Choices 1:30 Jenga Extreme 2:30 Armchair Travel <i>Canada</i>
10:30 Board Games 10 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Music Trivia	10:30 Coffee Klatch 11 11:30 Chair Yoga 12:45 Cook & Taste <i>Swedish Meatballs</i> 2:30 Bingo	11:15 Trivia Café 12 <i>Holiday Edition</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Mind Joggers <i>Whishes</i>	10:30 Helping Hands 13 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Christmas Fingerprints</i>	Holiday Bash 11-3 
10:30 Board Games 17 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Burnaby Village</i> 1:30 Musical Jeopardy	10:30 Coffee Klatch 18 11:30 Chair Yoga 12:45 Bake & Taste <i>Eggnog Cookie Bites</i> 2:30 Book Club <i>Did you know?</i>	10:30 Card Games 19 12:00 Member's Party 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	10:30 Helping Hands 20 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Me, Myself & Art <i>Cookie Decorating</i>	10:30 Sip & Chat 21 11:15 Chef's Corner (CLP) <i>Maple Cheddar Sliders</i> 12-3 Jingle & Mingle
Happy Holidays! Centre Closed! 	Happy Holidays! Centre Closed! 	Happy Holidays! Centre Closed! 	Happy Holidays! Centre Closed! 	Happy Holidays! Centre Closed! 
Happy Holidays! Centre Closed! 