

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Happy New Year! Centre Closed!</b>	11:15 Conversation Starter <b>2</b> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>January IQ Quiz</i>	10:30 Helping Hands <b>3</b> 11:30 Stretch & Strength 2:00 Art Therapy <i>Step by Step Canvas painting</i> <b>*NO BOWLING TODAY</b>	10:30 Sip & Chat <b>4</b> 11:00 Chef's Corner (CLP) <i>Breakfast Casserole</i> 12:30 Healthy Choices 1:30 Eat Wear or Drive 2:30 Word Find
10:30 Board Games <b>7</b> 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Lougheed Mall Visit</i> 1:30 Sing-Along & Trivia	10:30 Coffee Klatch <b>8</b> 11:30 Chair Yoga 12:45 Bake & Taste <i>Peanut Butter Brownies</i> 2:30 Tea & Book Club	11:15 Trivia Café <b>9</b> <i>The Cold Quiz</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	<b>10</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Yarn Wrapped Blue Jays</i>	10:30 Sip & Chat <b>11</b> 11:00 Chef's Corner (CLP) <i>Meatloaf</i> 12:30 Healthy Choices 1:30 Scattergories 2:30 Bean Bag Toss
10:30 Board Games <b>14</b> 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Music Appreciation	10:30 Coffee Klatch <b>15</b> 11:30 Chair Yoga 12:45 Cook & Taste <i>Winter Fruit Salad</i> 2:30 Bingo	11:15 Safety Drill <b>16</b> <i>Lockdown</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Clue Trivia</i>	10:30 Helping Hands <b>17</b> 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Popsicle Stick Animals</i>	10:30 Sip & Chat <b>18</b> 11:00 Chef's Corner (CLP) <i>Loaded Potato Soup</i> 12:30 Healthy Choices 1:30 Bean Bag Toss 2:30 Jeopardy
10:30 Board Games <b>21</b> 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Honey Bee Centre</i> 1:30 Name That Tune	10:30 Coffee Klatch <b>22</b> 11:30 Chair Yoga 12:45 Bake & Taste <i>Cinnamon Coffee Cake</i> 2:30 Tea & Book Club	10:30 Card Games <b>23</b> <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	<b>24</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Magazine Art</i>	10:30 Sip & Chat <b>25</b> 11:00 Chef's Corner (CLP) <i>French Onion Beef &amp; Noodles</i> 12:30 Healthy Choices 1:30 <b>Educational Session</b> <i>Beating the Winter Blues</i> <i>What is SAD</i> 2:30 Trivia
10:30 Board Games <b>28</b> 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Trev Deeley Museum</i> 1:30 Music Jam	10:30 Coffee Klatch <b>29</b> 11:30 Chair Yoga 12:45 Cook & Taste <i>Sausage &amp; Tortellini</i> 2:30 Bingo	11:15 Ultimate <b>30</b> Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>On the Spot</i>	<b>31</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>String Art</i>	

Monday

Tuesday

Wednesday

Thursday


Friday



# February 2019

## Strive Centre Headway

<p>10:30 Board Games <b>4</b>                  11:45 Tai Chi                  12:00 Toonie Lunch                  12:30 Activity Club  <i>Queensborough Landing</i>                  1:30 Music Appreciation</p>	<p><b>5</b>                  10:30 Coffee Klatch                  11:30 Chair Yoga                  12:45 Bake &amp; Taste  <i>Raspberry Brownies</i>                  2:30 Tea &amp; Book Club</p>	<p><b>6</b>                  11:15 Conversation Starters                  12:00 Toonie Lunch                  12:45 Shopping Club                  1:30 Bingo</p>	<p><b>7</b>                  10:30 Helping Hands                  11:15 Bowling (CLP)                  11:30 Stretch &amp; Strength                  2:00 Art Therapy  <i>DIY Picture Frame</i></p>	<p><b>1</b>                  10:30 Sip &amp; Chat                  11:00 Chef's Corner (CLP)  <i>Chilli</i>                  12:30 Healthy Choices                  1:30 Who made us laugh                  2:30 Flashback Fridays                  1960's</p>
<p><b>11</b>                  10:30 Board Games                  11:45 Tai Chi                  12:30 Toonie Lunch                  1:30 Sing-Along &amp; Trivia</p>	<p><b>12</b>                  10:30 Coffee Klatch                  11:30 Chair Yoga                  12:45 Cook &amp; Taste  <i>Lasagna</i>                  2:30 Bingo</p>	<p><b>13</b>                  11:15 Trivia Café  <i>February Edition</i>                  12:00 Toonie Lunch                  12:45 Shopping Club                  1:30 Brain Trainers  <i>Valentine's Day</i></p>	<p><b>14</b>                  10:30 Helping Hands                  11:15 Bowling (CLP)                  11:30 Stretch &amp; Strength                  2:00 Art Therapy  <i>Lollipop Valentines</i></p>	<p><b>15</b>                  10:30 Sip &amp; Chat                  11:00 Chef's Corner (CLP)  <i>Broccoli Chicken Casserole</i>                  12:30 Healthy Choices                  11:30 Activity Club  <i>Honey Bee Centre</i>                  1:30 Scattergories                  3:00 Movie Matinee</p>
<p><b>18</b>  <b>Family Day                  Centre closed</b></p>	<p><b>19</b>                  10:30 Coffee Klatch                  11:30 Chair Yoga                  12:45 Bake &amp; Taste  <i>Lemon Cake</i>                  2:30 Tea &amp; Book Club</p>	<p><b>20</b>                  10:30 Card Games  <b>12:00 Members' Meeting</b>                  1:00 Pool Tournament                  1:30 Recycling                  1:45 Bingo</p>	<p><b>21</b>                  10:30 Helping Hands                  11:15 Bowling (CLP)                  11:30 Stretch &amp; Strength                  2:00 Art Therapy  <i>Wine Cork Cats</i></p>	<p><b>22</b>                  10:30 Sip &amp; Chat                  11:00 Chef's Corner (CLP)                  Minestrone Soup                  12:30 Healthy Choices                  1:30 <b>Educational Session</b>  <i>Beating the Winter Blues:                  Staying active/Coping strategies</i></p>
<p><b>25</b>                  10:30 Board Games                  11:45 Tai Chi                  12:30 Toonie Lunch                  12:30 Activity Club  <i>Reptile Rescue</i>                  1:30 Music Jam</p>	<p><b>26</b>                  10:30 Coffee Klatch                  11:30 Chair Yoga                  12:45 Cook &amp; Taste  <i>Chicken Alfredo</i>                  2:30 Bingo</p>	<p><b>27</b>                  11:15 Ultimate Activities                  12:00 Toonie Lunch                  12:45 Shopping Club                  1:30 Brain Trainers  <i>Say it with colors</i></p>	<p><b>28</b>                  10:30 Helping Hands                  11:15 Bowling (CLP)                  11:30 Stretch &amp; Strength                  2:00 Art Therapy  <i>Cher Blossom Painting</i></p>	

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Rock Owl Canvas</i></p>	<p>2 10:30 Sip &amp; Chat 11:00 Chef's Corner (CLP) <i>Split Pea &amp; Bacon Soup</i> 12:30 Healthy Choices 1:30 Travelogue <i>Discovering Latvia</i> 2:30 Flashback Fridays</p>
<p>4 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Garden Works</i> 1:30 Music Appreciation</p>	<p>5 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake &amp; Taste <i>Apple Crisp Bars</i> 2:30 Tea &amp; Book Club</p>	<p>6 11:15 Conversation Starter 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p>7 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Paper Calla Lily Flowers</i></p>	<p>8 10:30 Sip &amp; Chat 11:00 Chef's Corner (CLP) <i>Tater Tot Bake</i> 12:30 Healthy Choices 1:30 St. Patrick's Day Word Game 2:30 Jeopardy</p>
<p>11 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Sing-Along &amp; Trivia</p>	<p>12 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook &amp; Taste <i>Chilli</i> 2:30 Bingo</p>	<p>13 11:15 Trivia Café <i>Spring Edition</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Welcome Spring</i></p>	<p>14 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Crystalized Rainbows</i></p>	<p>15 <b>Spring Party 12-3</b></p>
<p>18 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Westminster Quay</i> 1:30 Musical Jeopardy</p>	<p>19 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Bake &amp; Taste <i>Carrot Muffins</i> 2:30 Tea &amp; Book Club</p>	<p>20 10:30 Board Games <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo</p>	<p>21 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Button Flower Bouquet</i></p>	<p>22 10:30 Sip &amp; Chat 11:00 Chef's Corner (CLP) <i>Grilled Cheese &amp; Tomato Soup</i> 12:30 Healthy Choices 1:30 Bean Bag Toss 2:30 Riddle Me This</p>
<p>25 10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Flight Museum</i> 1:30 Music Jam</p>	<p>26 10:30 Coffee Klatch 11:30 Chair Yoga 12:45 Cook &amp; Taste <i>Baked Ziti</i> 2:30 Bingo</p>	<p>11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Weather Expressions</i></p>	<p>28 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Spring Chickens</i></p>	<p>29 10:30 Sip &amp; Chat 11:00 Chef's Corner (CLP) <i>Eggplant Parmesan</i> 12:30 Healthy Choices 1:30 Educational Session <i>Beating the Winter Blues: Overview &amp; Resources</i> 2:30 Trivia</p>

