


Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Board Games <b>1</b> 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>IKEA</i> 1:30 Music Appreciation	10:30 Coffee Chat <b>2</b> 11:30 Chair Yoga 12:45 Cooking Class <i>Chinese Chicken &amp; Corn Soup</i> 2:30 Word Find	11:15 Conversation <b>3</b> Starters <i>Monthly Gazette</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	<b>4</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Stickers Mandala Art</i>	<b>5</b> 10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Beef Stew &amp; Mash Potatoes</i> 12:30 Lunch & Learn 1:30 You Be the Judge 2:30 April's Fool Day Around the World
10:30 Board Games <b>8</b> 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Rev's Bowling</i> 1:30 Sing-along & Trivia	10:30 Coffee Chat <b>9</b> 11:30 Chair Yoga 12:45 Cooking Class <i>Couscous Chickpea salad</i> 2:30 Bingo	<b>10</b> 11:15 Game of Games 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Up, Up, Up!</i>	<b>11</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Paper Flower Craft</i>	<b>12</b> 10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Chinese Macaroni</i> 12:30 Lunch & Learn 1:30 Scattergories 2:30 Fact or Foolery
<b>15</b> 10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Vinyl Café	10:30 Coffee Chat <b>16</b> 11:30 Chair Yoga 12:45 Cooking Class <i>Breakfast Casserole Amish Style</i> 2:30 Word Pyramid	<b>17</b> 10:30 Card Games <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	<b>18</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Easter Wreath</i>	<b>Good Friday Centre Closed!</b>
<b>Easter Monday Centre Closed!</b>	10:30 Coffee Chat <b>23</b> 11:30 Chair Yoga 12:45 Cooking Class <i>Hungarian Goulash</i> 2:30 Bingo	<b>24</b> 11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>What's My Line?</i>	<b>25</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Decorated Corkboards</i>	
10:30 Board Games <b>29</b> 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Abbotsford Tulip Festival</i> 1:30 Music Jam	10:30 Coffee Chat <b>30</b> 11:30 Chair Yoga 12:45 Baking Class <i>Brown Sugar Oatmeal Cookies</i> 2:30 Word Find	 <p style="font-size: 2em; color: green; font-family: cursive;">April 2019</p> <p style="font-size: 1.5em; font-weight: bold;">Strive Centre Headway</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>May 2019</b> <b>Strive Centre Headway</b></p>				
		11:15 Conversation Starters 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 Art Therapy <i>Abstract Stickers Collage</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>African Bean Soup</i> 12:30 Lunch & Learn 1:30 Scattergories 2:30 Jeopardy
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Shopping Club 1:30 Sing-along & Trivia	10:30 Coffee Chat 11:30 Chair Yoga 12:45 Cooking Class <i>Greek Salad Pita Sandwich</i> 2:30 Word Games	11:15 Activity Club <i>NAOSH BBQ</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Sunny Words</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Button Flower Art</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Chicken Cesar Wraps</i> 12:30 Lunch & Learn 1:30 Bean Bag Toss 2:30 Motherly Humor
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Music Appreciation	10:30 Coffee Chat 11:30 Chair Yoga 12:45 Cooking Class <i>Chicken Salad Fiesta</i> 2:30 Bingo	11:15 Game of Games 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Old Words &amp; Expressions</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Van Gogh Re-creation</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Caprese Orzo Salad</i> 12:30 Lunch & Learn 1:30 You Be the Judge 2:30 Victoria Day Word Games
<b>Victoria Day Centre Closed!</b>	10:30 Coffee Chat 11:30 Chair Yoga 12:45 Cooking Class <i>Tuna Pasta Salad</i> 2:30 Word Games	10:30 Card Games <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Bingo	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Bird on a branch</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Mexican Chicken Rice Salad</i> 12:30 Lunch & Learn 1:30 Scattergories 2:30 Queen Victoria Trivia and Quote Time
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Cloverdale</i> 1:30 Music Jam	10:30 Coffee Chat 11:30 Chair Yoga 12:45 Baking Class <i>Scones</i> 2:30 Bingo	11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>Sporty Words</i>	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Flower Garland</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Cheese Amish Breakfast</i> 12:30 Lunch & Learn 1:30 <b>Educational Session</b> <i>Conflict Resolution – Part II</i> 2:30 Trivia

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Board Games <b>3</b> 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Place des Arts/Mackin Park</i> 1:30 Music Appreciation	10:30 Coffee Chat <b>4</b> 11:30 Chair Yoga 12:45 Cooking Class <i>Pasta Carbonara</i> 2:30 Word Games	11:15 Conversation <b>5</b> Starters <i>Monthly Gazette</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	<b>6</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Self Portraits</i>	10:30 Coffee Social <b>7</b> 11:00 Chef's Corner (CLP) <i>Greek Quinoa Salad</i> 12:30 Lunch & Learn 1:30 Bean Bag Toss 2:30 Suit Up
<b>10</b> 10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Sing-along & Trivia	<b>11</b> 10:30 Coffee Chat 11:30 Chair Yoga 12:45 Cooking Class <i>Skinny Bell Pepper</i> <i>Nacho Boats</i> 2:30 Bingo	<b>Annual ABI Awareness BBQ</b> <b>12-3pm</b> <b>Queen's Park NW</b> <i>*Centre Closed On This Day*</i>		<b>13</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Magnet Frames</i>
<b>17</b> 10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Langley Museum</i> 1:30 Vinyl Café	<b>18</b> 10:30 Coffee Chat 11:30 Chair Yoga 12:45 Cooking Class <i>Spicy Chicken &amp; Sweet</i> <i>Potato Bowls</i> 2:30 Word Games	<b>19</b> 11:15 Big Bike Ride- Burnaby 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	<b>20</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Canada Day Flag</i>	<b>21</b> 10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Spicy Chicken Tacos</i> 12:30 Lunch & Learn 1:30 You Be the Judge 2:30 Summer Cranium Crunches
<b>24</b> 10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Brentwood Mall</i> 1:30 Music Appreciation	<b>25</b> 10:30 Coffee Chat 11:30 Chair Yoga 12:45 Baking Class <i>Whole Wheat Blueberry</i> <i>Muffins</i> 2:30 Bingo	<b>26</b> 11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Trainers <i>"TY" Words</i>	<b>27</b> 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Stickers Craft</i>	<b>28</b> 10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>BLT Pasta Salad</i> 12:30 Lunch & Learn 1:30 <b>Educational Session</b> <i>Conflict Resolution – Part III</i> 2:30 Trivia



# June 2019

## Strive Centre Headway

