

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>2</p> <p>10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Sheet Pan Sausage &amp; Veggies</i> 2:00 Mindful Painting</p>	<p>3</p> <p>11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p>4</p> <p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Mason Jar Painting</i></p>	<p>5</p> <p>10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Shepard's Pie</i> 12:30 Lunch &amp; Learn 1:30 Canada Day Trivia 2:30 Seated Soccer</p>
<p>8</p> <p>10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Sing-Along &amp; Trivia</p>	<p>9</p> <p>10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Taco Tuesday</i> 2:00 Bingo</p>	<p>10</p> <p>11:15 Game of Games 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Crossword Puzzle</p>	<p>11</p> <p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Meditative Mandala Art</i></p>	<p>12</p> <p>10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Tuna Pasta Salad</i> 12:30 Lunch &amp; Learn 12:45 Ice Cream Walk 1:30 You Be the Judge 2:30 Movie Matinee</p>
<p>15</p> <p>10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club Walk of the Week <i>Fraser Foreshore Park</i> 1:30 Say it with Music</p>	<p>16</p> <p>10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Mini Pizzas</i> 2:00 Mindful Painting</p>	<p>17</p> <p>11:15 What Am I 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>	<p>18</p> <p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Calming Jars</i></p>	<p>19</p> <p>10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Chicken Chow Mein</i> 12:30 Lunch &amp; Learn 1:30 Scattergories 2:30 Book Club</p>
<p>22</p> <p>10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Van Dusen Garden</i> 1:30 Karaoke</p>	<p>23</p> <p>10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Stir Fry</i> 2:00 Bingo</p>	<p>24</p> <p>10:30 Card Games <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Crossword Puzzle</p>	<p>25</p> <p>10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch &amp; Strength 2:00 Art Therapy <i>Origami – Tulip Flower</i></p>	<p>26</p> <p>10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Quinoa Summer Salad</i> 12:30 Lunch &amp; Learn 1:30 <b>Educational Session</b> <i>Self-Care – Overall</i> 2:30 Trivia</p>
<p>29</p> <p>10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Picnic at Bear Creek</i> 1:30 Music Jam</p>	<p>30</p> <p>10:30 Coffee Chat 11:30 Chair Yoga 12:20 Baking Class <i>Coconut Cookies</i> 2:00 Word Games</p>	<p>31</p> <p>11:15 Skill Testers <i>Mini Golf</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="color: blue; font-family: cursive;">August 2019</h1> <h2 style="color: blue; font-weight: bold;">Strive Centre Headway</h2>				
<b>BC Day Centre Closed!</b>	10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Quesadillas</i> 2:00 Bingo	11:15 Ultimate Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Crosswords	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Dream Catcher</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Greek Pasta Salad</i> 12:30 Lunch & Learn 1:30 Guess the Word 2:30 Seated Soccer
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Guitar Jam	10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Lettuce Wraps</i> 2:00 Mindful Painting	11:15 Game of Games 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>Yarn Basket</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Vegan Macaroni Salad</i> 12:30 Lunch & Learn 12:45 Picnic at the Quay 1:30 Pub Time Trivia 2:30 Movie Matinee
10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club Walk of the Week <i>Fraser Foreshore Park</i> 1:30 Sing-Along & Trivia	10:30 Coffee Chat 11:30 Chair Yoga 12:20 Cooking Class <i>Ramen Noodles</i> 2:00 Bingo	10:30 Card Games <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Crosswords	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Abstract Art</i>	10:30 Coffee Social 11:00 Chef's Corner (CLP) <i>Chicken Macaroni Soup</i> 12:30 Lunch & Learn 1:30 Paint me a picture 2:30 Book Club
10:30 Board Games 11:45 Fitness with Jobelle 12:00 Toonie Lunch 12:30 Activity Club <i>Picnic at Rocky Point</i> 1:30 Music Jam	10:30 Coffee Chat 11:30 Chair Yoga 12:20 Baking Class <i>Cinnamon Monkey Bread</i> 2:00 Word Game	11:15 Skill Testers: <i>Bean Bag Toss</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 Art Therapy <i>Rainbow Crafts</i>	10:30 Coffee Social 11:00 Cooking Class (CLP) <i>Chili Soup</i> 12:30 Lunch & Learn <b>1:30 Educational Session</b> <i>Physical Self Care</i> 2:15 Trivia

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labour Day! Centre Closed</b>	10:30 Coffee Chat <b>3</b> 11:30 Chair Yoga 12:20 Cooking Class <i>Lasagna</i> 2:00 Bingo	11:15 Ultimate <b>4</b> Activities 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Crossword	10:30 Helping Hands <b>5</b> 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Border Design</i>	10:30 Coffee Social <b>6</b> 11:00 Chef's Corner (CLP) <i>Chicken Rice Porridge</i> 12:30 Lunch & Learn 1:30 Bean Bag Toss 2:30 Seated Soccer
10:30 Board Games <b>9</b> 11:45 Tai Chi 12:00 Toonie Lunch 12:00 Activity Club Walk of the Week <i>Colony Farm</i> 1:30 Vinyl Café	10:30 Coffee Chat <b>10</b> 11:30 Chair Yoga 12:20 Baking Class <i>Banana Crunch Muffins</i> 2:00 Mindful Painting	<b>11</b> 11:15 Game Of Games 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands <b>12</b> 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Emoji Stress Balls</i>	10:30 Coffee Social <b>13</b> 11:00 Chef's Corner (CLP) <i>Mediterranean Quinoa Salad</i> 12:30 Lunch & Learn 1:30 Sports Trivia 2:30 Book Club
<b>16</b> 10:30 Board Games 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Say it with Music	10:30 Coffee Chat <b>17</b> 11:30 Chair Yoga 12:20 Cooking Class <i>Potato Cheddar</i> 2:00 Bingo	10:30 Card Games <b>18</b> <b>12:00 Members' Meeting</b> 1:00 Pool Tournament 1:30 Recycling 1:45 Crossword	10:30 Helping Hands <b>19</b> 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Family Tree Paining</i>	10:30 Coffee Social <b>20</b> 11:00 Chef's Corner (CLP) <i>Baked Mac &amp; Cheese</i> 12:30 Lunch & Learn 12:30 Ice Cream Walk 1:30 Crossword Puzzle 2:30 Movie Matinee
10:30 Board Games <b>23</b> 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Maplewood Farm</i> 1:30 Classic Guitar Jam Session	10:30 Coffee Chat <b>24</b> 11:30 Chair Yoga 12:45 Baking Class <i>Butter Tart</i> 2:00 Word Games	11:15 Skill Testers <b>25</b> <i>Volley Ball Beach Ball</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	10:30 Helping Hands <b>26</b> 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Therapy <i>Paper Mosaic</i>	10:30 Coffee Social <b>27</b> 11:00 Cooking Class: <i>Quinoa Veggie Wrap</i> 12:30 Lunch & Learn <b>1:30 Educational Session</b> <i>Emotional Self Care</i>
10:30 Board Games <b>30</b> 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Rev's Bowling</i> 1:30 Music Jam				

## Strive Centre Headway 2019