



Strive Centre is located at 5055 Joyce Street (by Joyce sky train). We are open from 10 am to 5 pm, Monday to Friday. Our center includes a drop in space for social opportunities and community connections. Individuals that access our services have a range of program choices to inspire healthy lifestyles.

Drop-In Space

Our communal space encourages participants to socialize in a positive and welcoming atmosphere, while engaging in a range of activities with their friends or staff. This includes access to art supplies, a pool table, board games, video games, a snack bar and computers with Wi-Fi. Our centre promotes inclusion, wellness and diversity to create a safe environment for people to share.

***With All Facilitators**

Vancouver Connections

This is a referral, by-appointment program that offers 1:1 support with our centre key worker to learn about and access community services that are available in the lower mainland. Some areas of support include individual goal setting, connecting participants to volunteer and employment opportunities, community workshops, education, housing, and more. We promote self-advocacy to allow for increased awareness or resources to access these services based on individual needs.

***With Steph**

Special Events

Are you looking for more opportunities to participate in community outings and events? Strive Centre will be offering fun activities in the community or in-centre events at least once a month. If you have interests in snow tubing, art shows, luaus, BBQ and more, this is for you. Look out for announcements every month to see what is coming up!

Don't forget, we have Participant Meetings once a month to promote program feedback and to celebrate monthly birthdays! Meetings will occur on the last Thursday of each month. Pizza lunch is provided.



PROGRAM GUIDE

January, February & March 2020

COFFEE CONNECTION

Start your day with a complimentary tea or coffee, along with a healthy morning snack. This group is for anyone interested in social connection and conversation. We explore current events to promote questions, perspectives and expressions. This is a safe, respectful space to encourage healthy communication and friendships. We are open to topic suggestions and bring along articles or ideas to support you in conversation.

Please note that we will no longer be serving pancake breakfast on Mondays.

***With Sarah 10 am – 11 am (Monday - Friday)**

COMMUNITY KITCHEN

Participants will work as a team to prepare nutritious lunches. This program provides training with knife skills and kitchen safety. It covers the fundamentals of nutrition, cooking and culinary tools. We will make meals using the oven, panini-grill, griddle, blender, food processor and stove top. Friday's will see the return of multicultural dishes and monthly lunch outings will now be on Monday's. See announcements for location and cost.

Mondays – Community lunch outing (12pm-2pm)

Tuesdays – Build your own lunch (11.15am-12.15pm)

Wednesdays – Build your own lunch (11.15-12.15pm)

Thursdays – Lunch is served (12pm-1pm) or lunch outing (12pm-2pm)

Fridays – Work together with Mark & Sarah to create a multicultural hot meal!

***With Sarah (Monday – Thursday) *With both Sarah & Mark Fridays**

STRETCH AND STRENGTH

This program is designed for improving balance, circulation, flexibility and strength. Both our yoga space and the class itself are accessible and adaptable for all abilities. There will be a focus on simple postures, breathing and movement. We provide yoga mats, stretch bands and yoga blocks as required.

***With Steph 11 am – 12 pm (Monday, Wednesday, Friday)**



ADAPTED FITNESS

Learn a series of adapted exercises to include movement, breathing and stretching. This program is focused on posture, strength and flexibility. There will also be a focus on working towards training neural pathways to improve balance, coordination and reaction time. Participants set their own personal fitness goals based on safety and choice. The exercises are adaptable and we provide yoga mats, hand weights, stretch bands and chairs as needed.

***With Mark 11 am – 12 pm (Tuesday & Thursday)**

FILM AND MEDIA

This program promotes conversations through engaging with film and media. Participants watch both short and long format films. We offer complimentary popcorn and there are beverages available at the snack bar. The facilitator will provide an opportunity for an open group discussion to share thoughts and perspectives on the film. New to this quarter, participants will have the opportunity to participate in hands on multi-media activities.

***With Steph 1 pm – 2 pm (Monday & Friday)**

COMMUNITY REC AND LEISURE

Being active can also be fun! Come and join us for a weekly outing to different community centers in our neighborhood to see what programs they have to offer. Some activities can include weightlifting, badminton, table tennis, pickleball and basketball, so come on out and be active!

***With Mark 1 pm – 3 pm (Tuesday)**

Wii SPORTS **NEW PROGRAM******

The Wii simulates real-life sports by using simple motion controls. Each week choose between a variety of games such as tennis, baseball, bowling, golf and boxing. This program is designed to promote motor skills, coordination and balance in a fun, welcoming atmosphere!

***With Sarah 1 pm – 2 pm (Wednesday)**

SPEECH AND LITERACY SKILLS

This group encourages and focuses on the practice of reading, writing, communication and social skills. Learning resources will be available and participants will have an opportunity to explore a self-paced curriculum to achieve their personal goals. Materials and topics range from, but are not limited to vocabulary, history, science and nature.

***With Mark 2 pm – 3 pm (Monday & Wednesday)**

Do you want to learn how to bake items such as cookies, cupcakes, biscuits and more? This program aims to teach participants the fundamental skills of baking! Every week, you'll have an opportunity to learn how to make sweet and savory baked goods. Once you have had a try of your delicious baked goods, the leftovers will be sold in the snack shack for your fellow participants to also enjoy!

***With Mark 1pm – 2pm (Thursday)**

INDOOR GAMES

Enjoy a fun hour of indoor games! If you like classic board games such as Jenga, Battleship, Scrabble, Head Bandz, Clue, Monopoly and group games such as Mad Libs, Charades, Jeopardy and so much more, this program is for you!

***With Sarah 2pm – 3pm (Tuesdays)**

BINGO HOUR

Enjoy a fun hour of BINGO! Come join in this fun and social hour while playing the classic game of BINGO! Prizes to be won!

***With Sarah 2pm – 3pm (Thursdays)**

MUSIC WITH STERLING

Come jam and sing with Sterling! Bring your voice and express yourself with various instruments. Group jam will be held for the first hour and 1:1 music available on the second hour

***With Music Therapist Sterling – Time and dates to be confirmed – see January announcements**

SELF CARE **NEW PROGRAM******

Come join us and take an hour out of your busy day to do something just for yourself. The self-care program will focus on the importance of self-care physically, emotionally and mentally. Various topics will be explored including mindfulness, setting boundaries, personal projects and so much more.

***With Steph 2pm-3pm (Fridays)**

ARTS AND CRAFTS

Participants have full access to our art space and supplies to encourage creative expression. This program is designed to explore art, design and crafts of your choice. Topics will vary throughout providing opportunities to explore various mediums.

***With Sarah 3pm – 4pm (Monday, Friday) *With Steph 3pm-4pm (Tuesday, Wednesday, Thursday)**



KARAOKE

Participants are invited to use our in-centre microphone, speaker system, projector and internet resources to choose their favourite songs to sing along to. Enjoy music themes and dancing in a fun and supportive atmosphere.

***With Mark 4pm – 5pm (Monday- Friday)**