

Monday	Tuesday	Wednesday	Thursday	Friday
				
10:30 Table Games 6 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Trip to Ikea</i> 1:30 Music Trivia	10:30 Coffee Chat 7 11:30 Chair Yoga 12:30 Bake & Taste <i>Blueberry Scones</i> 2:00 Bingo	11:15 Wake Up Games 8 <i>Smaller than a Breadbox</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Brain Magic	10:30 Helping Hands 2 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Star Sticks</i>	10:30 Coffee Social 3 11:00 Culinary Corner (CLP) <i>Chicken Chow Mein</i> 12:30 Lunch & Learn 1:30 Compliments Game 2:30 Wacky Words
10:30 Table Games 13 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Happy Hour	10:30 Coffee Chat 14 11:30 Chair Yoga 12:30 Cook & Taste <i>Mediterranean Chicken Salad</i> 2:00 Crossword	11:15 Morning 15 Match-up Game <i>Think Blots</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo	10:30 Helping Hands 16 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Mandala Coloring & Meditation</i>	10:30 Coffee Social 17 11:00 Culinary Corner (CLP) <i>Shepard's Pie</i> 12:30 Lunch & Learn 1:30 Star of the Month <i>Celine Dion</i> 2:30 Wacky Words
10:30 Table Games 20 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>New Media Gallery</i> 1:30 Music Entertainment with Jobelle	10:30 Coffee Chat 21 11:30 Chair Yoga 12:30 Bake & Taste <i>Butter Tarts</i> 2:00 Bingo	10:30 Card Games 22 12:00 Members' Meeting 1:00 Pool Tournament 1:30 Recycling 1:15 Brain Magic	10:30 Helping Hands 23 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Emoji Mason Jar</i>	10:30 Coffee Social 24 11:00 Culinary Corner (CLP) <i>Chicken Taco Salad</i> 12:30 Lunch & Learn 1:30 Pub Trivia 2:30 Tell Me More <i>Music</i>
10:30 Table Games 27 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Rev's Bowling</i> 1:15 Music Jam	10:30 Coffee Chat 28 11:30 Chair Yoga 12:30 Cook & Taste <i>Caprese Flatbread</i> <i>Limericks</i> 2:00 Poetry Circle	11:15 Skill Tester 29 <i>Ping Pong Toss</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo	10:30 Helping Hands 30 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Wooden Stars</i>	10:30 Coffee Social 31 11:00 Culinary Corner (CLP) <i>Meat Ball Spaghetti</i> 12:30 Lunch & Learn 1:30 Educational Session <i>How to Improve Problem Solving Skills: Understand the Problem</i> 2:15 Trivia

Monday

Tuesday

Wednesday

Thursday

Friday

February 2020

Strive Centre Headway

10:30 Table Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Guilford Mall</i> 1:30 Happy Hour	3	10:30 Coffee Chat 11:30 Chair Yoga 12:30 Bake & Taste <i>Valentine's Day Sugar Cookies</i> 2:30 Bingo	4	11:15 Wake Up Games <i>Quotes, Clichés & Popular Sayings</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Brain Magic	5	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Classes <i>Owl Ornaments</i>	6	10:30 Coffee Social 11:0 Culinary Corner (CLP) <i>Mac & Cheese Bacon</i> 12:30 Lunch & Learn 1:30 Jenga Competition 2:30 Wacky Words	7
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 1:30 Music Entertainment with Jobelle	10	10:30 Coffee Chat 11:30 Chair Yoga 12:30 Cook & Taste <i>Red Lentil Chili</i> 2:30 Crosswords	11	11:15 Morning Match-up Game <i>Pictionary</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	12	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Classes <i>Family Tree</i>	13	10:30 Coffee Social 11:0 Culinary Corner (CLP) <i>Greek Salad</i> 12:30 Lunch & Learn 1:30 Crossword Puzzle 2:30 Tell Me More <i>Celebrations</i>	14
Family Day Centre Closed!	17	10:30 Coffee Chat 11:30 Chair Yoga 12:30 Bake & Taste <i>Coffee Cake</i> 2:30 Bingo	18	10:30 Card Games 12:00 Members' Meeting 1:00 Pool Tournament 1:30 Recycling 1:15 Brain Magic	19	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Classes <i>Dream Catcher</i>	20	10:30 Coffee Social 11:0 Culinary Corner (CLP) <i>Chili Soup</i> 12:30 Lunch & Learn 1:30 Star of the Month <i>Kenny Rogers</i> 2:30 Wacky Words	21
10:30 Board Games 11:45 Tai Chi 12:30 Toonie Lunch 12:30 Activity Club <i>Urban Safari</i> 1:30 Music Jam	24	10:30 Coffee Chat 11:30 Chair Yoga 12:30 Cook & Taste <i>Lemon Parsley Bean Salad</i> 2:30 Poetry Circle <i>Concrete Poems</i>	25	11:15 Skill Tester <i>Mini-Golf</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:30 Bingo	26	10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Classes <i>Paper Fan</i>	27	10:30 Coffee Social 11:0 Culinary Corner (CLP) <i>Tai Chicken Curry</i> 12:30 Lunch & Learn 1:30 Educational Session How to Improve Problem Solving Skills: Focus on the Root Cause 2:30 Trivia	28

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Table Games 2 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Lougheed Mall</i> 1:30 Music Trivia	10:30 Coffee Chat 3 11:30 Chair Yoga 12:30 Bake & Taste <i>Oat Fudge Bars</i> 2:30 Bingo	11:15 Wake Up Games 4 <i>Storm Categories</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Brain Magic	10:30 Helping Hands 5 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Jelly Fish Craft</i>	10:30 Coffee Social 6 11:00 Culinary Corner (CLP) <i>Chicken Fried Rice</i> 12:30 Lunch & Learn 1:30 Pub Trivia 2:30 Tell Me More <i>Hobbies</i>
10:30 Board Games 9 11:45 Tai Chi 12:00 Toonie Lunch 1:30 Happy Hour	10:30 Coffee Chat 10 11:30 Chair Yoga 12:30 Cook & Taste <i>Honey Garlic Chicken Stir Fry</i> 2:30 Crossword	11:15 Morning Match-up Game 11 <i>Beyond Jenga</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo	10:30 Helping Hands 12 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Bath Bombs</i>	10:30 Coffee Social 13 11:00 Culinary Corner (CLP) <i>Chickpea Salad</i> 12:30 Lunch & Learn 1:30 Pictionary 2:30 Wacky Words
10:30 Board Games 16 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Buddhist Temple</i> 1:30 Entertainment with Jobelle	10:30 Coffee Chat 17 11:30 Chair Yoga 12:30 Bake & Taste <i>St. Patrick's Day Lucky Charm Treats</i> 2:30 Bingo	Spring Party 18 12-3	10:30 Helping Hands 19 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Corkboard Design</i>	10:30 Coffee Social 20 11:00 Culinary Corner (CLP) <i>Mediterranean Salad</i> 12:30 Lunch & Learn 1:30 Star of the Month <i>Angelina Jolie</i> 2:30 Tell Me More <i>Travels</i>
10:30 Board Games 23 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>First Walk of Spring</i> 1:30 Music Appreciation	10:30 Coffee Chat 24 11:30 Chair Yoga 12:30 Cook & Taste <i>Roasted Ratatouille With Spaghetti</i> 2:30 Poetry Circle	11:15 Skill Testers 25 <i>Bean Bag Toss</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo	10:30 Helping Hands 26 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Class <i>Tape Resist Painting</i>	10:30 Coffee Social 27 11:00 Culinary Corner (CLP) <i>Tuna Pasta</i> 12:30 Lunch & Learn 1:30 Educational Session How to Improve Problem Solving Skills: Act on Resolving the Problem 2:30 Trivia
10:30 Board Games 30 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Rev's Bowling</i> 1:30 Music Jam	10:30 Coffee Chat 31 11:30 Chair Yoga 12:30 Bake & Taste <i>Chocolate Chip Banana Bread</i> 2:30 Bingo			