



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="color: green;">April 2020</h1> <h2 style="color: black;">Strive Centre Headway</h2>		11:15 April Fool Fest 1 12:00 Toonie Lunch 12:45 Shopping Club 1:15 April Fool's Day <i>Funny Videos</i>	2 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Abstract Sponge Painting</i>	3 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Tuna Casserole</i> 12:30 Lunch & Learn 1:30 Crossword Puzzle 2:30 Memory Stretches
10:30 Table Games 6 11:45 Tai Chi 12:00 Toonie Lunch 1:15 Happy Hour <i>Music from France</i>	10:30 Coffee Catch Up 7 11:30 Mindful Yoga 12:45 Cook & Taste <i>Parmesan Bacon</i> <i>Chicken Linguini</i> 2:00 Creative Corner	8 11:15 Morning Match Ups <i>Think Blots</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo with Valbona	9 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Foam Cup Bunnies</i>	Good Friday Centre Closed!
Easter Monday Centre Closed!	10:30 Coffee Catch Up 14 11:30 Mindful Yoga 12:45 Bake & Taste <i>Easter Egg Cookies</i> 2:00 Bingo with Valbona	15 11:15 Drawing Board 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Spelling Bee	16 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Wall Hanging Flower</i>	17 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Spanish Omelette</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Neuroplasticity: Can the brain heal itself? Why does it matter?</i> 2:30 Trivia
10:30 Table Games 20 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Power Walk</i> 1:15 1980's Music Trivia	10:30 Coffee Catch Up 21 11:30 Mindful Yoga 1:00 Cook & Taste <i>Garlic Mushroom Quinoa</i> 2:00 Creative Corner	22 10:30 Card Games 12:00 Members' Meeting 1:00 Pool Tournament 1:30 Recycling 1:15 Bingo with Valbona National Volunteer Week	23 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Bunny Silhouette Art</i>	10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Broccoli & Cheddar Frittata</i> 12:30 Lunch & Learn 1:00 Entertainment with RANJ SINGH 2:30 Trivia
10:30 Table Games 27 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Queensborough Landing</i> 1:15 Music Jam	10:30 Coffee Catch Up 28 11:30 Mindful Yoga 12:45 Bake & Taste <i>Brownies</i> 2:00 Bingo with Valbona	29 11:15 Shuffle Board 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Word Game <i>Name That Thing</i>	30 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Q-tip Daisies</i>	

Monday


Tuesday

Wednesday

Thursday

Friday

				
				10:30 Coffee Social 1 11:00 Culinary Corner (CLP) <i>Prosciutto Cheddar Muffins</i> 12:30 Lunch & Learn 1:30 Sudoku Puzzle 2:30 Memory Stretchers
10:30 Table Games 4 11:45 Tai Chi 12:00 Toonie Lunch 1:15 Music Entertainment	10:30 Coffee Chat 5 11:30 Chair Yoga 12:45 Cook & Taste <i>Alfredo Mach & Cheese</i> 2:00 Creative Corner	11:15 Activity Club 6 <i>Health & Safety Fair</i> 12:00 Toonie Lunch 1:15 Bingo with Valbona	10:30 Helping Hands 7 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Cherry Blossom Painting</i>	10:30 Coffee Social 8 11:00 Culinary Corner (CLP) <i>Gorgonzola Israeli couscous</i> 12:30 Lunch & Learn 1:30 You be the Judge 2:30 Fun with Science
10:30 Table Games 11 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Power Walk</i> 1:15 Victoria Day Music	10:30 Coffee Chat 12 11:30 Chair Yoga 12:45 Bake & Taste <i>Chocolate Coconut Balls</i> 2:00 Bingo with Valbona	11:15 May Be... 13 May Be Not... 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Spelling Bee	10:30 Helping Hands 14 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Dragon Fly Clip</i>	10:30 Coffee Social 15 11:00 Culinary Corner (CLP) <i>Chicken Casserole</i> 12:30 Lunch & Learn 1:30 Celebrity of the month: Johnny Depp 2:30 Victoria Day Trivia
Victoria Day Centre Closed! 18	10:30 Coffee Chat 19 11:30 Chair Yoga 12:45 Cook & Taste <i>Cauliflower Rice</i> 2:00 Creative Corner	10:30 Card Games 20 12:00 Members' Meeting 1:00 Pool Tournament 1:30 Recycling 1:15 Bingo with Valbona	10:30 Helping Hands 21 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Mug Design</i>	10:30 Coffee Social 22 11:00 Culinary Corner (CLP) <i>Taco Salad</i> 12:30 Lunch & Learn 1:30 Crossword Puzzle 2:30 Card Game: <i>Disorder</i>
10:30 Table Games 25 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Tsawwassen Mills</i> 1:15 Music Jam	10:30 Coffee Chat 26 11:30 Chair Yoga 12:45 Bake & Taste <i>Chocolate Chip Cookies</i> 2:00 Bingo	11:15 Ring Toss 27 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Name That Thing	10:30 Helping Hands 28 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Bookmarks</i>	10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Pad Thai</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Neuroplasticity: Maximizing Recovery after an ABI</i> 2:30 Trivia

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Table Games 1 11:45 Tai Chi 12:00 Toonie Lunch 1:15 Happy Hour <i>Filipino Folk Songs</i>	10:30 Coffee Catch Up 2 11:30 Mindful Yoga 12:45 Cook & Taste <i>Sweet Potato Quinoa</i> <i>Fritters</i> 2:00 Creative Corner	11:15 Morning Match 3 Ups <i>All About June</i> 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Bingo	4 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Kite</i>	5 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Sweet Potato Curry Soup</i> 12:30 Lunch & Learn 1:30 The Book of Useless Information 2:30 Memory Stretches
10:30 Table Games 8 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Westminster Quay</i> 1:15 2000's Music Playlist	10:30 Coffee Catch Up 9 11:30 Mindful Yoga 12:45 Bake & Taste <i>Spicy Molasses Cookies</i> 2:00 Bingo	10 11:15 Pictionary 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Spelling Bee	11 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>Rainbow Sand in a Jar</i>	12 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Chicken Teriyaki</i> 12:30 Lunch & Learn 1:30 Compliments Game 2:30 Fun with Science
10:30 Table Games 15 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Garden Works</i> 1:15 Karaoke	10:30 Coffee Catch Up 16 11:30 Mindful Yoga 12:45 Cook & Taste <i>Mushroom Risotto</i> 2:00 Creative Corner	10:30 Card Games 12:00 Members' Meeting 1:00 Pool Tournament 1:30 Recycling 1:15 Bingo	18 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>DIY: Mask - Part 1</i>	19 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Sesame Tofu with Broccoli</i> 12:30 Lunch & Learn 1:30 Ellen De Genres 2:30 Card Game <i>Disorder</i>
10:30 Table Games 22 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Power Walk</i> 1:15 Say it with Music	Annual ABI Awareness BBQ 12-3pm Queen's Park NW <i>*Centre Closed On This Day*</i>	24 11:15 Mini Golf 12:00 Toonie Lunch 12:45 Shopping Club 1:15 Name That Thing	25 10:30 Helping Hands 11:15 Bowling (CLP) 11:30 Stretch & Strength 2:00 Art Attack <i>DIY: Mask - Part 2</i>	26 10:30 Coffee Social 11:00 Culinary Corner (CLP) <i>Mushroom Spinach Quinoa</i> 12:30 Lunch & Learn 1:30 Educational Session <i>Neuroplasticity: Techniques to transform your mental health</i> 2:30 Trivia
10:30 Table Games 29 11:45 Tai Chi 12:00 Toonie Lunch 12:30 Activity Club <i>Fort Langley</i> 1:15 Music Jam	10:30 Coffee Chat 30 11:30 Chair Yoga 12:45 Bake & Taste <i>Chocolate Fudge</i> 2:00 Bingo	 J U N E 