



Strive Centre Vancouver Program Guide 2022

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Strive Centre Vancouver

Strive Centre is a multi-service Centre located in East Vancouver offering a variety of programs and activities for adults with diverse abilities. The Centre offers a drop-in communal space for participants, and both in-person and virtual recreation and support programs.

Strive Centre is a space for social opportunities and community connections. The drop-in Centre encourages participants to socialize in a positive and welcoming atmosphere, while engaging in a range of activities with their peers or staff. Participants have a range of program choices that inspire healthy lifestyles, aid in skill development, and most importantly are fun!

Drop-in Centre and In-Person Programs

The drop-in Centre is open **Monday to Friday from 1pm – 4pm**, and is **located at 200-3438 Lougheed Hwy., Vancouver, BC V5M 2A4**. In-person recreation programs occur at the Centre during hours of operation. Please visit our website at <https://striveliving.ca/adults-services/strive-centre/> to see the current recreation program calendar, and please see below for more detailed program descriptions.

Virtual Programs

Strive Centre's virtual programs occur **Monday to Friday from 10am – 12pm** on Zoom. Please visit our website at <https://striveliving.ca/adults-services/strive-centre/> to see the current recreation program calendar, and please see below for more detailed program descriptions.

In-Person Recreation Program Descriptions

Stretch and Strengthen:

Join us in-person for Stretch and Strengthen! Designed for improving balance, circulation, flexibility, and strength, this program incorporates bodyweight exercises that are adaptable for all abilities. We provide chairs, yoga mats, resistance/stretch bands, and yoga blocks, as required.

Adaptive Fitness:

Join us in-person for Adaptive Fitness! Challenge yourself by learning a series of adapted exercises that build muscle and strengthen your bones and joints. In class, we focus on good form and posture, strength, and flexibility. Participants are encouraged to set their own personal fitness goals based on safety and choice.

Tai Chi and Meditation:

Join us in-person for Tai Chi and Meditation! This introductory level Tai Chi-inspired program encourages participants to explore gentle movements of self-expression, balance, and meditation. As each posture flows into the next without pause, this program promotes serenity through calming movements that can relax the body. All exercises are low-impact and have the option for participants to participate while seated.

Speech and Literacy:

Join us in-person for Speech and Literacy! This group encourages and focuses on the practice of reading and communication. Participants will have an opportunity to read, discuss, and explore a variety of articles together. To finish off the program, the group will work together to complete a fun, yet challenging word game!

Brain Games:

Join us in-person for Brain Games! Enjoy playing a variety of fun, yet challenging games that will stimulate your thinking. In a supportive group environment, we will work together to complete the activities.

Karaoke:

Join us in-person for Karaoke! Participants are invited to sing their favourite songs individually or together. Enjoy singing in a fun and supportive atmosphere!

Guided Painting Session:

Join us in-person for Guided Painting Session! In this art program we will try different painting techniques to create unique art pieces. No experience with art is necessary, only a desire to paint and try something new! Canvases and painting supplies will be provided.

Virtual Recreation Program Descriptions

Coffee Connections:

Join us virtually for Coffee Connections! This group is for anyone interested in social connection and conversation. Through conversation we will explore topics such as current events, experiences, hobbies, and interests. The facilitator will pose to the group a “Question of the Day” to promote conversation, perspectives and expressions. This is a safe, respectful space to encourage healthy communication and friendships.

Stretch and Meditation:

Join us virtually for Stretch and Meditation! This program is designed to incorporate both meditation and mindfulness, while improving balance, circulation, flexibility and strength. All you will need is a chair, towel, and water to participate. The class will be adaptable for all abilities, focusing on simple postures, breathing and movement.

Speech and Literacy:

Join us virtually for Speech and Literacy! This group encourages and focuses on the practice of reading and communication. Participants will have an opportunity to read, discuss, and explore a variety of articles together. To finish off the program, the group will work together to complete a fun, yet challenging word game!

Dance Fitness:

Join us virtually for Dance Fitness! This is an aerobic style class to get your heart rate up and body moving! The facilitator will lead you through a variety of dance moves to music. Whether you want to stay standing or seated, the moves are accessible to all abilities. Grab a water bottle, some space to move, and let's dance!

Chair Fitness:

Join us virtually for Chair Fitness! Learn a series of adapted exercises to include movement, strength, and stretching. This class 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 will be bodyweight focused, therefore all you will need is a chair, towel, and water to participate.

Karaoke:

Join us virtually for Karaoke! Participants are invited to sing along to their favourite songs individually or together. Enjoy the music and singing in a fun and supportive atmosphere!

Additional Support Programs

Vancouver Connections: By-Appointment

Curious about Vancouver Connections? This referral, appointment-based program offers individuals with acquired brain injuries (ABI) a wide variety of individualized support. Our Vancouver Connections Case Worker is prepared to meet with you to understand your goals and needs. With the overarching goal of being a resource centre for clients, the Vancouver Connections Case Worker helps individuals' access community services and resources that are available in the lower mainland. Some areas of support include: individual goal setting, technology support, connecting participants to volunteer and employment opportunities, community workshops, education, and more.

Music Therapy: By-Appointment

Curious about Music Therapy? This referral, appointment-based program offers 1:1 music therapy support with our Centre's Music Therapist, Sterling. This program is offered both in-person and virtually. Music Therapy can give a voice to our thoughts, feelings and emotions that we may not have words for. This is a safe place for you to express your truest self through music, singing, and instruments in a non-judgmental space. No experience with music or instruments is necessary. Instruments and supplies are provided.