



Headway New Westminster

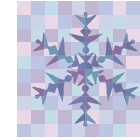
Other activities offered in New Westminster Centre:

- Neil Squire Employability Program
- Monthly Members Meetings
- Monthly party or event
- Drop-in activities without sign up

Any questions about these activities, please contact the centre of your choice



UNLIMITED POSSIBILITIES
FOR PEOPLE WITH DISABILITIES
possibilities



Headway New Westminster



Winter Program Guide 2011
January — March



HOWE SOUND
REHABILITATION SERVICES SOCIETY

JANUARY-MARCH
Holiday Closures

~There will be no holiday closures from
January—March 2011~

**A reminder for everyone that we will be closed
early (4pm) on December 24, 2010 and will not
re-open the centre until January 3, 2011**

**We would like to take this opportunity to wish
everyone a wonderful holiday and Happy New
Year!**



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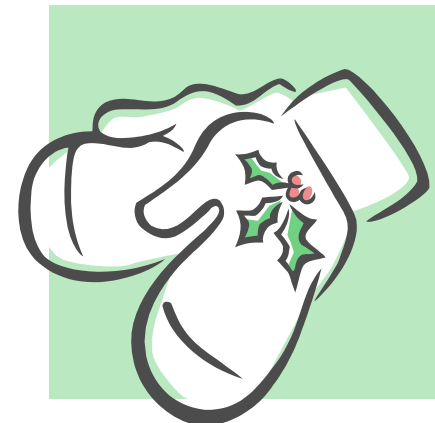
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JANUARY-MARCH

Tai Chi

Tai Chi—a Chinese system of slow meditative physical exercise designed for relaxation, balance and health.

This class is designed for people with disabilities and helps with strength building, coordination and relaxation techniques. It is taught from a seated position. Each session is 6 classes long.

Day and Time: Mondays, Noon-1pm
Session 1
Dates: January 3—February 7, 2011
5 spots available
Cost: Free

Day and Time: Mondays, Noon-1pm
Session 2
Dates: February 14— March 28, 2011
5 spots available
Cost: Free



March Events 2011

Members Meeting/ Party

When: March 16, 2011

Time: 12noon-2pm

Where: Headway New Westminster

Why: To give us feedback on programs, find out about new programs, to cast your vote, celebrate birthdays. Be involved today! Pizza and cake is for all members who attend the meeting

St. Patrick's Potluck Party

When: March 18, 2011

Time: 1pm-4pm

Where: Headway New Westminster

Why: To celebrate the luck of the Irish

What to bring: An item of **food** for our potluck,
something green and your dancing shoes!

B.R.A.I.N.storm

When: March 27, 2011

Time: 630 –830pm

Where: New Westminster Library—Auditorium

Why: To find out more resources in your community

Speaker: Call Headway New Westminster to find out more

~All regular programming will be cancelled for the members party on March 16~

~Both Cooking classes will be cancelled on March 18, 2011~

February Events 2011

Members Meeting/ Party

When: February 15, 2011

Time: 12noon-2pm

Where: Headway New Westminster

Why: To give us feedback on programs, find out about new programs, to cast your vote, celebrate birthdays. Be involved today! Remember! Pizza (or subs) and cake is for all members who attend the meeting :)

B.R.A.I.N.storm

When: February 27, 2011

Time: 6:30pm-8:30pm

Where: New Westminster Library—Auditorium

Why: To find out more resources in your community

Speaker: Call Headway New Westminster to find out more

Program Exceptions:

~ Regular programming will be cancelled on
February 15 ~

JANUARY-MARCH

Baking Class

Enjoy baking? Want to learn how? Join Headway New Westminster's baking class! We will be offering two sessions that are 6 classes long.

Day and Time: Mondays, 2-4pm

Session 1

Dates: January 3—February 7, 2011

Cost: \$5

5 spots available

We will be baking the following:

1. Double Chocolate Chunk Cookies (Low Fat)
2. Raisin Pie
3. Chocolate Cake (made with Splenda)
4. Oatmeal Raisin Cookies
5. Brownies
6. Cranberry Almond Cookies

Day and Time: Mondays, 2-4pm

Session 2

Dates: February 14— March 28, 2011

Cost: \$ 5

5 spots available

We will be baking the following:

1. Banana Cream Pie
2. Peanut Butter Cups
3. Rice crispy squares
4. Lemon Meringue Pie
5. Chocolate Cheesecake
6. Banana Bread



JANUARY-MARCH

Crafts Corner

Wanting to be artistic? Needing a hobby? Try our crafts class Crafts will be led by one of our facilitators with instruction, detail and all materials will be provided. Examples of our crafts include bath salts, knitting, painting and clay art, to take home or to donate to the Headway Centre! Each Session is 5 classes long.

Session 1

Day and Time: Wednesdays, 2-3pm

Dates: January 5-February 9, 2011

5 Spots available

Cost: \$15

Day and Time: Wednesdays, 2-3pm

Dates: February 16– March 30, 2011

5 Spots available

Cost: \$15

Note: There will be no crafts on the dates below:

January 19

February 16

March 16



JANUARY-MARCH

January Events 2011

Members Meeting/ Party

When: January 19, 2011

Time: 12noon-2pm

Where: Headway New Westminster

Why: To give us feedback on programs, find out about new programs, to cast your vote and celebrate birthdays. Be involved today! Pizza (or subs) and cake is for all members who attend the meeting

B.R.A.I.N.storm is back!!

When: January 23, 2011

Time: 6:30pm-8:30pm

Where: New Westminster Library—Auditorium

Why: To find out more resources in your community

Speaker: Call Headway New Westminster to find out more

~Regular programming will be cancelled on
January 19th for the members party ~

JANUARY-MARCH

I _____, am interested in signing up for the following programs offered.

Session 2:

Dates: Monday February 14, 2011 until Thursday March 31, 2011

- Tai Chi
- Baking
- Crafts
- Stretch and Strength (Wednesdays)
- Stretch and Strength (Thursdays)
- Dance Class
- Book Club
- Computer Class
- Cooking

Name: _____ DOB: _____

Address: _____

Contact info: (H) _____ (C) _____

Emergency Contact: (H) _____ (C) _____

Are you a Headway Member? YES NO

If no, you **must** become a member before starting any programs

JANUARY-MARCH

Stretch and Strength

During the winter months we recognize that the weather might not be the best for everyone to take a walk outside so our recreational therapist has developed an adapted fitness class (sit-down) so that we may still have the needed exercise during the winter months. We will offer it on two different days.

Session 1

Day and Time: Wednesdays, 1:30-2:30pm

Dates: January 5-February 9, 2011

8 Spots available

Day and Time: Thursdays 11am-12pm

Dates: January 6– February 10, 2011

8 spots available

Session 2

Day and Time: Wednesdays 1:30-2:30pm

Dates: February 16– March 30, 2011

8 Spots available

Day and Time: Thursdays 11am-12pm

Dates: February 17– March 24, 2011

8 Spots available

Note: There will be no fitness on the dates below:

January 19
February 16
March 16



JANUARY-MARCH

Computer Class

Headway staff will be tutoring members on how to navigate around the computer. If you would like to learn more about computers register for one or more of the dates below!

Day and Time:

Every second Thursday 3:30-430pm

Dates:

January 6

January 20

February 3

February 17

March 3

March 17

March 31

4 spots available each date.



JANUARY-MARCH

I _____, am interested in signing up for the following programs offered.

Session 1:

Dates: Monday January 3, 2011 until

Friday, February 11, 2011

- Tai Chi
- Baking
- Crafts
- Stretch and Strength (Wednesdays)
- Stretch and Strength (Thursdays)
- Dance Class
- Book Club
- Computer Class
- Cooking

Name: _____ DOB: _____

Address: _____

Contact info: (H) _____ (C) _____

Emergency Contact: (H) _____ (C) _____

Are you a Headway Member? YES NO

If no, you **must** become a member before starting any programs

Signature _____ Date _____

Headway Centre New Westminster

JANUARY-MARCH

Program Overview

Tai Chi—Mondays 12 - 1pm
 Baking class—Mondays 2 - 4pm
 Craft class—Wednesdays 2 - 3pm
 Stretch and Strength—Wednesdays 1:30 - 2:30pm
 Strength and Stretch—Thursdays 11am-1pm
 Dance class— Wednesdays 11 - 12pm
 Book Club—Thursdays 2-3pm
 Cooking class—Fridays 11 - 1pm
 Computer classes are every second Thursday from
 3:30-4:30pm (see dates)

Registration overview

Two sessions every three months
 Six class per session
 Outdoor activities are weather permitting
 Please note exceptions below the description of date
 and times. Thank you

Deadline for registration

You must bring in registration form and full payment on
 or before: **Monday December 13, 2011**

*(subsidy is available for programs for those who
 qualify)*

Any questions or comments please call the Centre
 604.520.0130

Headway Centre New Westminster

JANUARY-MARCH

Book Club

If you are interested in reading, re-learning to read or just following along while someone else reads aloud join our new book club! Each participant will get a vote on which book they would like to read and the majority rules. It is optional to stay and discuss the book or talk about current events.

Session 1

Day and Time: Thursdays 2-3pm
Dates: January 6– February 10, 2011
The more the merrier!

Session 2

Day and Time: Thursdays 2-3pm
Dates: February 17– March 24, 2011
The more the merrier!



JANUARY-MARCH

Cooking Class

Cooking class is designed for members who are wanting to learn how to cook for themselves at home. We will be practicing the techniques learned on recipes provided at the Headway New Westminster centre. We will also be enjoying the final product at the end of our class.



Day and Time: Fridays, 11am-1pm

Session 1

Dates: January 7-February 11, 2011

5 Spots available

Cost: \$15.00

Recipes to be cooked:

1. Perogy Casserole
2. Chicken w/ Salad
3. Spinach and Cheese Cannelloni
4. Taco Pie
5. Ground Turkey + Reduced Fat Lasagna
6. Pizza "loaded to the gills"

Day and Time: Fridays, 11am-1pm

Session 2

Dates: February 18– March 25, 2011

Exception: There will be no class on March 18, 2011

5 spots available

Cost: \$15.00

Recipes to be cooked:

1. Chicken + Mushroom Stir-fry
2. Spaghetti Pie
3. Hamburgers or Chicken Burgers
4. Asian Stir-fry
5. Chicken Burritos

JANUARY-MARCH

Dance Class

Have a passion for music and want to express yourself through dance? Join our Dance class taught by a certified instructor where you will learn various styles of movement to a variety of music from soul to rock n' roll. Minimum of 8 people must sign up.

Day and Time: Wednesdays, 11am-12pm

Session 1 (6 classes)

Dates: January 5-February 9, 2011

Cost: \$30.00

10 Spots

Day and Time: Wednesdays, 11am-12pm

Session 2 (6 classes)

Dates: February 16– March 30, 2011

Cost: \$30.00

10 Spots

