

February - New Westminster Headway Centre - Master Schedule- 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10-2 Art Studio 12-1 Toonie Lunch 130-230 Stretch & Strength 2-4 Crafts	2 1130-1230 Stretch & Strength 11-2 Bowling Club (CLP) 2-3 Book Club 3-4 Current Events 330-430 Computer Class	3 10-1 Maintenance Dept 11-1 & 2-4 Cooking Class— Beef Kebab 3:30-5:30 Movie Matinee
6 10-12 Maintenance 12-1 Tai Chi 1-2 Toonie Lunch 2-4 Baking Class - Banana Bread	7 Drop-In Only Play scrabble, billiards, cards Watch a movie Create some Art Grab a coffee Chat with a friend	8 10-2 Art Studio 12-1 Toonie Lunch 130-230 Stretch & Strength 2-4 Crafts	9 1130-1230 Stretch & Strength 11-2 Bowling Club (CLP) 2-3 Book Club 3-4 Current Events	10 10-1 Maintenance Dept 11-1 & 2-4 Cooking Class— Greek Pasta Salad 3:30-5:30 Movie Matinee
13 10-12 Maintenance 12-1 Tai Chi 1-2 Toonie Lunch 2-4 Baking Class - Valentine's Pie	14 Drop-In Only 12-2 – Tea and Sandwiches	15 Member's Party 10-12 Art Studio 11-2 Birthdays, pizza lunch, awards 2-4 Movie	16 1130-1230 Stretch & Strength 11-2 Bowling Club (CLP) 2-3 Book Club 3-4 Current Events	17 10-1 Maintenance Dept 11-1 & 2-4 Cooking Class— Planning day—Chili 3:30-5:30 Movie Matinee
20 10-12 Maintenance 12-1 Tai Chi 1-2 Toonie Lunch 2-4 Baking Class - Planning	21 Drop-In Only Play scrabble, billiards, cards Watch a movie Create some Art Grab a coffee Chat with a friend	22 10-2 Art Studio 12-1 Toonie Lunch 130-230 Stretch & Strength 2-4 Crafts	23 1130-1230 Stretch & Strength 11-2 Bowling Club (CLP) 2-3 Book Club 3-4 Current Events	24 10-1 Maintenance Dept 11-1 & 2-4 Cooking Class— Eggs, Bacon & Toast 3:30-5:30 Movie Matinee
27 10-12 Maintenance 12-1 Tai Chi 1-2 Toonie Lunch 2-4 Baking Class - Apple Brown Betty	28 Drop-In Only 12-2 *High Tea* Tea, sandwiches & mini pastries.	29 10-2 Art Studio 12-1 Toonie Lunch 130-230 Stretch & Strength 2-4 Crafts	-	