



















# ACTIVITY PROGRAM CALENDAR

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2.	3.	4.	5.	6.
9:30-11:00 Community Crafts  1:00-4:00 Creative Arts 	9:30-11:30 Mind & Body Fitness   12:00-1:00 Business Lunch  1:00-3:30 Sew Time	9:30-12:00 No program  1 1:00-2:00 Reading with Anne  2:00-3:30 Darts	9:30-11:30 Mind & Body Fitness   12:00-1:00 Birthday Lunch  1:00-3:30 Bowling Bonanza Or Games in the House	Am- No Program  1:00- 3:30 Out In our Community Trip to Tim Hor- ton's
9.	10.	11.	12.	13.
9:30-11:00 Community Crafts  1:00-4:00 Creative Arts & Trip to Framing the Pheonix Art show in London	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30 Scrapbooking 	9:30-11:30 Cooking Corner: DEC Nutrition Group  1:00-3:30 Workshop Wednesdays Stress Management  1:00-2:00 Reading with Anne  2:00-3:30 Darts	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30 Bowling Bonanza Or Games in the House 	Am- No Program  1:00- 3:30 Out In our Community Trip to the pond
16.	17.	18.	19.	20.
9:30-11:00 Community Crafts  1:00-4:00 Creative Arts 	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30pm Sew Time 	9:30-11:30 Cooking Corner; Baking with Jen  1:00-3:30 Workshop Wednesday Stress Management  1:00-2:00 Reading with Anne  2:00-3:30 Darts	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30 Bowling Bonanza Or Games in the House 	Am- No Program  1:00- 3:30 Out In our Community Trip to the Library
23.	24.	25.	26.	27.
Search is closed for Victoria Day	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30 Scrapbooking 	9:30-11:30 Cooking Corner The principles of Curry with Moira  1:00-3:30 Workshop Wednesdays DEC Diabetes Work- shop  1:00-2:00 Reading with Anne  2:00-3:30 Darts	9:30-11:30 Mind & Body Fitness   12:00-1:00 Lunch  1:00-3:30 Bowling Bonanza Or Games in the House 	Am- No Program  1:00- 3:30 Out In our Community Trip to Walmart
30.	31.			
9:30-11:00 Community Crafts  1:00-4:00 Creative Arts	9:30-11:30 Mind & Body Fitness  12:00-1:00 Lunch  1:00-3:30pm Sew Time			

# ***Invest In Yourself***

**Come and See what we have going on at Search!**

## **NEW**

**LUNCH:** Lunch is served on Tuesday and **Thursday**. Price is \$1.50. You need to call and reserve a seat by 10:00 a.m. on lunch days so that the cook knows how many meals to prepare.. ( **The cost for lunches will be going up to \$2.00 as of June 1st, 2011**)

**CANTEEN:** Will be open everyday from about 2:15—2:45

**Community Crafts**— Every Monday Search members are welcome to come and get a little crafty. Knitting, crochet,, and other hand made crafts will be the focus of this program.

**Business Lunch**— The first Tuesday of every month will now be the time for our monthly business meeting with members. All members are welcome to attend and this time is used to let members know any new information as well as giving members the opportunity to bring new ideas about the program as well as any comments about what is happening in the Activity program. Cost is \$1.50.

**Birthday Lunch**—The first Thursday on every month we will be celebrating everyone's birthday in that month at lunch time in Activity . Cost is \$1.50 for lunch

**Mind & Body Fitness**- Every Tuesday and Thursday morning members are welcome to come and participate in our fitness programs from 9:30-11:300. Aerobics and stretching is on Tuesdays and Step class and stretching are on Thursdays..

**Cooking Corner**- Every Wednesday morning something is going on in the Search kitchen. Special guests and Search members will be coming in to teach and prepare yummy recipes to share. Please see Activity staff if you have a recipe you would like to share and prepare for this program.

**Workshop Wednesday** —Every Wednesday we will be having workshops in Activity on various subjects . The first workshops will be on Stress Management.

**Sew Time**— This program happens every other Tuesdays with members learning to use different materials and skills for a variety of projects throughout the year .

**Scrapbooking**- This program alternates with **Sew time** and is a program for members to create with their memories and some personal style their own scrapbook..

**Games in the House**— Every Thursday afternoon various games such as bingo, shuffleboard, cards, and pool will be going on in Activity

**Community Adventures**- Every Friday we will be taking a trip out into our community to enjoy one of the many places throughout Strathroy and area.

On Monday May 9th we are taking a trip to go and see the art work from some of our members in the Framing the Phoenix Art Show in London. Please see on sign up sheet on Activity board.



21 Richmond St. Strathroy, Ontario N7G

Tel: (519) 245-0120 Toll-free: 1-888-216-6716 Fax: (519) 245-0121

**ACTIVITY PROGRAM CALENDAR April 2011**  
**For more information call Activity @ 245-0120**  
**Ange ext. 245, Jen ext. 242, or Kayla ext. 241**