

MPA Resource Centre
 2275 Fir St. @ 7th Avenue
 604.482.3712 (staff)
 604.738.1422 (members' line)
 Open: 10am-7:30pm Monday-Friday
 Noon-7pm Saturday/Sunday

August 2018 Activity Schedule

Breakfast: Monday-Friday 10-11am – 50¢
 Saturday/Sunday noon-1pm – 50¢
 Dinner daily @ 4pm - \$2
 Coffee is available @ 10am and 2:30pm.
 Please bring your own coffee mug.

SIGN UP FOR MEMBERSHIP IS ON MONDAY AND WEDNESDAY
ONLY BETWEEN 12:30PM TO 3 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11am Create Tie-Dye T-Shirts	2 1-3pm Men's Wellness Group 2pm Food Bank	3 11am B.C. Day Trivia Quiz 12:30pm Ping-Pong Tourney 2pm Women's Group 5:30pm Bingo	4 1:15pm Blueberry U-Pick trip 2:30pm Saturday Social
5 1:30pm Swimming 2pm Conversation Club	6 CLOSED FOR BC DAY HOLIDAY 	7 11am Nutritious meal planning with Fariba 12:30pm Weight training with Stuart 5pm Learn to crochet and knit with Fariba 5:30pm "Beauty Night" returns	8 11am Walking Group 2:30pm Ice Cream Sundae Buffett 	9 1-3pm Men's Wellness Group 2pm Food Bank	10 11am Pictionary 2pm Women's Group 5:30pm Bingo	11 1:15pm Swimming 2:30pm Saturday Social
12 Noon "Finn" the Therapy dog comes by for a visit with their human 1:30pm Tennis with Trevor 2pm Conversation Club	13 11am Gardening off site at plot 1pm Swimming	14 11am Making blankets for the SPCA 12:30pm 9 Ball tourney 2:30pm Weight training with Stuart 5pm Learn crochet or knit with Fariba	15 11am Walking Group 1:30pm Smudging  2:30pm Librarian visits	16 1-3pm Men's Wellness Group 2pm Food Bank	17 11am Pictionary 12:30pm Birthday Cake Celebration 2pm Women's Group 5:30pm Bingo	18 1:15pm Ball Hockey with a Pro "Buds" 2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 1:30pm Tennis with Trevor 2pm Conversation Club	20 11am Gardening off site at plot 1pm Swimming 5:30pm "Yum Yum" Bingo	21 10am Movie sign-up 11:15am (approx.)Movie outing 2pm Resource Centre Site Meeting 2:30pm Weight training with Stuart 5pm Learn to Crochet or knit With Fariba	22 Resource Centre Is CLOSED at noon For PWD Cheque issue	23 11am Steveston Pier trip 1pm Superstore	24 11am Pictionary 2pm Women's Group 5:30pm Bingo	25 1:15pm Swimming 2:30pm Saturday Social
26 1:30pm Tennis with Trevor 2pm Conversation Club	27 11am Gardening off site at plot 1pm Swimming	28 11am Nutritional cooking With Fariba 2:30pm Weight training with Stuart 5pm Learn to crochet or knit With Fariba	29 11am Walking Group	30 1-3pm Men's Wellness Group 2pm Food Bank	31 11am Pictionary 2pm Women's Group 5:30pm Bingo	

Activities may be subject to change due to weather.

Art Studio – Second Floor Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Open 1:30-4pm	Open 1:30-4pm	Open 1:30-4pm	Open 1:30-4pm	Open 1:30-4pm

MPA Mission Statement

Inspiring hope and supporting recovery for people with mental illness by establishing and operating social, vocational, recreation, advocacy and housing programs that support people in their own communities.