


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

**February 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 1-3pm <b>Men's Wellness Group</b>  2pm <b>Food Bank</b>  3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b>	<b>2</b> 11am <b>Pictionary</b>  12:30pm <b>Ping-Pong Tourney</b>  2pm <b>Women's Group with Lauren</b>  5:30pm <b>Bingo</b>	<b>3</b> 1pm <b>Swimming</b>  2:30pm <b>Saturday Social</b>
<b>4</b>  2pm <b>Conversation Club</b>	<b>5</b> 11am <b>Wii Dance Exercise program with Steph</b>  1pm <b>Swimming with Trevor</b>  3pm <b>Yoga and Mindfulness with Margaret Anne (M-A)</b>	<b>6</b> 11am <b>Nutrition for Women with Fariba</b>  5pm <b>Crochet with Fariba</b>	<b>7</b> 11am <b>Jewelry making with Fariba</b>  5:15pm <b>Pamper yourself with Lauren</b>	<b>8</b> 1-3pm <b>Men's Wellness Group</b>  2pm <b>Food Bank</b>  3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b>	<b>9</b> 11am <b>Pictionary</b>  2pm <b>Women's Group with Lauren</b>  5:30pm <b>Bingo</b>	<b>10</b> 1pm <b>"Share and Show" with Lauren</b>  2:30pm <b>Saturday Social</b>  3pm <b>Yoga and Mindfulness with Margaret Anne ( M-A)</b>
<b>11</b> 1:30pm <b>Bowling</b>  2pm <b>Conversation Club</b>  3pm <b>Super-Bowl Kick off!</b>	<b>12</b>  <b>CLOSED TODAY FOR FAMILY DAY</b>  	<b>13</b> 11am <b>Making blankets for the SPCA</b>  12:30pm <b>9 Ball tourney</b>  2:30pm <b>Meet and Greet with new R.C. Coordinator</b>  5pm <b>Crochet with Fariba</b>	<b>14</b> 11am <b>Make Valentine Cards and Gifts with Fariba</b>  1pm <b>Swimming with Trevor</b>	<b>15</b> 1-3pm <b>Men's Wellness Group</b>  2pm <b>Food Bank</b>  3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b>	<b>16 CHINESE NEW YEAR</b>  11am <b>Chinese New Year Trivia Quiz (Everyone can win!)</b> 12:30pm <b>Birthday Cake Celebration</b>  2pm <b>Women's Group with Lauren</b>  5:30pm <b>Bingo</b>	<b>17</b> 1pm <b>Swimming</b>  2:30pm <b>Saturday Social</b>  3pm <b>Yoga and Mindfulness with Margaret Anne (M-A)</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>  2pm Conversation Club	<b>19</b> 11am Wii Dance Exercise with Steph  1pm Swimming with Trevor  2:30pm "More ways to show respect in the R.C. Community" Let's talk.  5:30pm "Yum-Yum" Bingo	<b>20</b> 10am Movie sign-up  11:30am (approx.)Movie outing  <u>*Last day to nominate for Heart Felt Appreciation Award</u>  5pm Crochet with Fariba	<b>21</b>  <b>RESOURCE CENTRE CLOSED AT NOON</b> <b>Cheque Issue Day</b>	<b>22</b> 11am Grouse Mountain Trip  1pm Superstore shopping trip  3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor)	<b>23</b> 11am Pictionary  2pm Women's Group  5:30pm Bingo	<b>24</b>  1pm Charades  2:30pm Saturday Social
<b>25</b>  2pm Conversation Club  3:15pm Resource Centre Site Meeting	<b>26</b> 11am Wii Dance with Steph  1pm Swimming with Trevor  3pm Yoga and Mindfulness with Margaret Anne (M-A)	<b>27</b> 11:15am Nutritional cooking on a budget with Fariba   2pm <b>HEART FELT APPRECIATION AWARDS</b> Please come and support your fellow members	<b>28</b> 11am Jewelry making with Fariba  2:30pm Librarian visit and Reading Club  5:15pm Pamper Yourself with Lauren			

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.*