



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

January 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
	1 	2 11am Jewelry making and bead art 5pm Crochet with Fariba	3 11am Painting with Fariba 1pm Swimming	4 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	5 11am Pictionary with Lane 12:30pm Ping-Pong Tourney 1:45pm Movement and Dance with Steph 5:30pm Bingo	6 1pm Swimming 2:30pm Saturday Social
7 2pm Conversation Club	8 11am Wii Dance Exercise program with Steph 1pm Swimming 2pm Women's Group	9 11am Nutrition for Women with Fariba 5pm Crochet with Fariba	10 11am Jewelry making with Fariba 5:15pm Self-care with Lauren	11 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	12 11am Pictionary with Lane 1:45pm Movement and Dance with Steph 5:30pm Bingo	13 1pm Charades 2:30pm Saturday Social
14 1:30pm Bowling 2pm Conversation Club	15 11am Wii Games with Steph 1pm Swimming 2pm Women's Group	16 11am Jewelry making and bead art 12:30pm 8 Ball tourney 5pm Crochet with Fariba	17 11am Painting with Fariba 5:30pm "Beauty Night" all welcome	18 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	19 11am Pictionary with Lane 12:30pm Birthday Cake Celebration 1:45pm Movement and Dance with Steph 5:30pm Bingo	20 1pm Swimming 2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 2pm Conversation Club	22 11am Wii Dance Exercise with Steph 1pm Swimming with Trevor 2pm Women's Group 5:30pm "Good Stuff" Bingo	23 10am Movie sign-up 11:30am (approx.) Movie outing 5pm Crochet with Fariba	24 <p style="text-align: center;">RESOURCE CENTRE CLOSED AT NOON Cheque Issue Day</p>	25 11am Deep Cove Trip 1pm Superstore shopping trip 2:15pm Robbie Burns Day Celebration with Haggis  3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	26 11am Pictionary with Lane 1:45pm Movement and Dance with Steph 2:30pm Librarian visit and BOOK CLUB 5:30pm Bingo	27 1pm Charades 2:30pm Saturday Social
28 2pm Conversation Club 3:15pm Resource Centre Site Meeting	29 11am Wii Games with Steph 1pm Swimming with Trevor 2pm Women's Group	30 11:15am Nutritional cooking on a budget with Fariba 5pm Crochet with Fariba	31 11am Jewelry making with Fariba 5:15pm Self-care 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.