



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

**June 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
<p><b><i>Some June date highlights:</i></b>  <b>June is National Aboriginal History Month</b>  <b>June 21<sup>st</sup> is the Summer Solstice and National Aboriginal Day, (MPA Annual General Meeting)</b>  <b>June 23<sup>rd</sup> is National Day of Remembrance for Victims of Terrorism</b>  <b>June 27<sup>th</sup> is Canadian Multiculturalism Day</b></p>					<p><b>1</b>            11am Pictionary            12:30pm Ping-Pong Tourney            2pm Women's Group with Lauren            5:30pm Bingo</p>	<p><b>2</b>            1:15pm Swimming            2:30pm Saturday Social  <u>3pm Sign up for Food Stash</u>  <u>5:30pm Food Stash starts</u></p>
<p><b>3</b>            1:30pm Tennis with Trevor            2pm Conversation Club</p>	<p><b>4</b>            11am Gardening off site at plot            1pm Swimming</p>	<p><b>5</b>            11am Bocce Ball in the park            2:30pm Weight training with Stuart            5pm Learn crochet or knit with Fariba</p>	<p><b>6</b>            11am Walking Group            2pm Understanding PTSD workshop with Terri            3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor )</p>	<p><b>7</b>            1-3pm Men's Wellness Group            2pm Food Bank            5:15pm Pamper yourself with Lauren</p>	<p><b>8</b>            11am Pictionary            2pm Women's Group with Lauren            5:30pm Bingo</p>	<p><b>9</b>            1:15pm Bocce Ball in the park            2:30pm Saturday Social  <u>3pm Sign up for Food Stash</u>  <u>5:30pm Food Stash starts</u></p>
<p><b>10</b>            Noon "Finn" the Therapy dog comes by for a visit with their human            1:30pm Tennis with Trevor            2pm Conversation Club</p>	<p><b>11</b>            11am Tie-Dye T-Shirts with Steph            1pm Swimming</p>	<p><b>12</b>            11am Making blankets for the SPCA            12:30pm 9 Ball tourney            2:30pm Weight training with Stuart            5pm Learn crochet or knit with Fariba</p>	<p><b>13</b>            11am Walking Group            3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor )            3:30pm Smudging  </p>	<p><b>14</b>            1-3pm Men's Wellness Group            2pm Food Bank</p>	<p><b>15</b>            11am Pictionary            12:30pm Birthday Cake Celebration            2pm Women's Group with Lauren            5:30pm Bingo</p>	<p><b>16</b>            1:15pm Swimming            2:30pm Saturday Social  <u>3pm Sign up for Food Stash</u>  <u>5:30pm Food Stash starts</u></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> 1:30pm Tennis with Trevor  2pm Conversation Club	<b>18</b> 11am Gardening off site at plot  1pm Swimming	<b>19</b> 11am Bocce in the park  2:30pm Weight training with Stuart  5pm Learn to crochet or knit	<b>20</b> 11am Walking Group  2:30pm Librarian visits and reading group. 3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor)	<b>21</b> 1-3pm Men's Wellness Group 2pm Food Bank  <b>5:30pm</b> <b>MPA ANNUAL GENERAL MEETING</b> <b>CROATION CULTURAL CENTRE</b>  5:15pm Pamper yourself with Lauren	<b>22</b> 11am Pictionary  2pm Women's Group with Lauren  5:30pm Bingo	<b>23</b> 1:15pm Ball Hockey with Buds 2:30pm Saturday Social <u>3pm Sign up for Food Stash</u> <u>5:30pm Food Stash starts</u>
<b>24</b> 1:30pm Tennis with Trevor  2pm Conversation Club	<b>25</b> 11am Gardening off site at plot 1pm Swimming  5:30pm "Yum Yum" Bingo	<b>26</b> 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	<b>27</b> <b>RESOURCE CENTRE CLOSED AT NOON</b>  <b>PWD Cheque Issue Day</b>	<b>29</b> 10:30am Lynn Canyon Trip  1pm Wal-Mart	<b>29</b> 11am Pictionary 2pm Women's Group with Lauren  5:30pm Bingo	<b>30</b> 1:15pm Swimming 2:30pm Saturday Social <u>3pm Sign up for Food Stash</u> <u>5:30pm Food Stash starts</u>

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.*