




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

March 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 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	2 11am Pictionary 12:30pm Ping-Pong Tourney 2pm Women's Group with Lauren 5:30pm Bingo	3 1:15pm Swimming 2:30pm Saturday Social
4 2pm Conversation Club	5 11am Wii Dance Exercise program with Steph 1pm Swimming 3pm Yoga and Mindfulness with Margaret Anne (M-A)	6 11am Nutrition for Women with Fariba 5pm Crochet with Fariba	7 11am Jewelry making with Fariba 2pm" Understanding PTSD" workshop/presentation with Terri	8 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor) 5:15pm Pamper yourself with Lauren	9 11am Pictionary 2pm Women's Group with Lauren 5:30pm Bingo	10 1:15pm "Share and Show" with Lauren 2:30pm Saturday Social 3pm Yoga and Mindfulness with Margaret Anne (M-A)
11 1:30pm Bowling 2pm Conversation Club	12 11am Wii dance program with Steph 1pm Swimming	13 11am Making blankets for the SPCA 12:30pm 8 Ball tourney 5pm Crochet with Fariba	14 11am Painting with Fariba 5:30pm "Beauty Night"	15 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	16 11am Pictionary 12:30pm Birthday Cake Celebration 2pm Women's Group with Lauren 5:30pm Bingo	 1:15pm Swimming 2:30pm Saturday Social 3pm Yoga and Mindfulness with Margaret Anne (M-A)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 2pm Conversation Club	19 11am Wii Dance Exercise with Steph 1pm Swimming 5:30pm "Good Stuff" Bingo	20 10am Movie sign-up 11:30am (approx.) Movie outing 12:30pm Persian New Year traditions and food tasting  2:30pm Traditional Aboriginal Smudging on R.C. Patio 5pm Crochet with Fariba	21 RESOURCE CENTRE CLOSED AT NOON Cheque Issue Day	22 11am Maplewood Farm 1pm Wal-Mart 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor) 5:15pm Pamper yourself with Lauren	23 11am Pictionary 2pm Women's Group with Lauren 5:30pm Bingo	24 1:15pm Charades 2:30pm Saturday Social
25 2pm Conversation Club 3:15pm Resource Centre Site Meeting	26 11am Wii Dance with Steph 1pm Swimming 3pm Yoga and Mindfulness with Margaret Anne (M-A)	27 11:15am Nutritional cooking on a budget with Fariba 5pm Crochet with Fariba	28 11am Jewelry making with Fariba 2:30pm Librarian visit and Reading Club	29 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli (bring care card on 2nd floor)	30  Resource Centre is CLOSED	31 2:30pm Saturday Social

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.