



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

**October 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
	<p>1 11am Making props for the upcoming MPA member's play "SRO"</p> <p>1pm Swimming</p> <p>3pm Megaphone will be in to talk about vendors for the upcoming Calendar selling season</p>	<p>2 11am Making props for the upcoming MPA member's play "SRO"</p> <p>2:30pm Weight Training with Stuart</p> <p>5pm Learn crochet or knit with Fariba</p> <p>5:30pm "Beauty Night"</p>	<p>3 11am Walking Group</p> <p>2pm Journal and Gym with Fariba</p> <p>2:45pm City of Vancouver will be speaking about the voting process as we go to the Polls in a few weeks. Q.&amp;A. also.</p>	<p>4 1-3pm Men's Wellness Group</p> <p>2pm Food Bank</p>	<p>5 11am Pictionary</p> <p>12:30pm Ping-Pong Tourney</p> <p>2:30pm Kristen's Baby Shower This is put on by Sanford residents and RC members. Everyone is invited!</p> <p>5:30 Bingo</p>	<p>6 1:30pm Bowling</p> <p>2:30pm Saturday Social</p>
<p>7 1pm Finn our therapy dog comes for a visit</p> <p>2pm Conversation Club</p>	<p>8 <b>CLOSED FOR HOLIDAY</b></p> 	<p>9 11am Making props for the upcoming MPA member's play "SRO"</p> <p>2:30pm Weight training with Stuart</p> <p>5pm Learn crochet or knit with Fariba</p>	<p>10 11am Walking Group</p> <p>2pm Journal and Gym for women with Fariba</p> <p>1pm Swimming</p>	<p>11 1-3pm Men's Wellness Group</p> <p>2pm Food Bank</p>	<p>12 11am Pictionary</p> <p>2pm Women's Group</p> <p>5:30pm Bingo</p>	<p>13 1:15pm Swimming</p> <p>2:30pm Saturday Social</p>
<p>14 2pm Conversation Club</p> <p>3-4pm Reiki with Nola</p>	<p>15 11am Making props for the upcoming MPA member's play "SRO"</p> <p>1pm Swimming</p> <p>2pm Essential Oils Workshop with Nola</p>	<p>16 11am Nutritious meal planning with Fariba</p> <p>12:30pm 8 Ball tourney</p> <p>2:30pm Weight training with Stuart</p> <p>5pm Learn crochet or knit with Fariba</p>	<p>17 11am Walking Group</p> <p>2pm Journal and Gym for women with Fariba</p> <p>3:30pm Smudging</p> 	<p>18 1-3pm Men's Wellness Group</p> <p>2pm Food Bank</p>	<p>19 11am Pictionary</p> <p>1pm Birthday Cake Celebration</p> <p>2pm "Safety and Positivity in the R.C." Workshop</p> <p>5:30pm Bingo</p>	<p>20 2:30pm Saturday Social</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 1pm "Gin Rummy" tournament 2pm Conversation Club	<b>22</b> 11am Halloween Mask making/painting 1pm Swimming 5:30pm "Yum-Yum" Bingo	<b>23</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 With Fariba	<b>24</b> Resource Centre Is <b>CLOSED at noon</b> PWD Cheque issue	<b>25</b> 11:30am Trip to the Pumpkin Patch Decorate the R.C. for Halloween 1:30pm Wal-Mart	<b>26</b> 11am Pictionary 2pm Women's Group 5:30pm Bingo	<b>27</b> 1:15pm Swimming 2:30pm Saturday Social
<b>28</b> 3-4pm Yoga with Nola 2:30pm Conversation Club	<b>29</b> 11am Pumpkin Carving or Halloween crafts 1pm Swimming	<b>30</b> 11am Nutritional cooking with Fariba 2:30pm Weight training with Stuart 5pm Learn to crochet or knit With Fariba	<b>31</b> 11am 2pm Journal and Gym for women with Fariba 5:30-7pm HALLOWEEN PARTY COSTUME CONTEST 5:30PM REFRESHMENTS AND MUSIC 			

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.*