



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

**April 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> <b>Easter Sunday</b> <b>The Resource Centre is open at Noon.</b> 	<b>2</b> <b>EASTER MONDAY</b> <b>RESOURCE CENTRE</b> <b>CLOSED</b> 	<b>3</b> 11am Nutrition for Women with Fariba  5:30pm Bingo (make up from Good Friday being closed)	<b>4</b> 11am Jewelry making with Fariba  1pm Swimming	<b>5</b> 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor )	<b>6</b> 11am Pictionary 12:30pm Ping-Pong Tourney 2pm Women's Group with Lauren 5:30pm Bingo	<b>7</b> 1:15pm Swimming  2:30pm Saturday Social <u>3pm Sign up for Food Stash</u> <u>5:30pm Food Stash starts</u>
<b>8</b> 1:30pm Tennis with Trevor 3pm Conversation Club	<b>9</b> 11am Wii Dance Exercise program with Steph 1pm Swimming	<b>10</b> 11am Making Blankets for the SPCA  5pm Crochet with Fariba	<b>11</b> 10am Sign up for Fire Hall Theatre trip to see "Chelsea Hotel" the music of Leonard Cohen 11am Painting with Fariba 11:30am leave for Fire Hall Theatre	<b>12</b> 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	<b>13</b> 11am Pictionary 2pm Women's Group with Lauren 5:30pm Bingo	<b>14</b> 1:15pm "Share and Show" with Lauren 2:30pm Saturday Social <u>3pm Sign up for Food Stash</u> <u>5:30pm Food Stash starts</u>
<b>15</b> 1:30pm Bowling 3pm Conversation Club	<b>16</b> 11am Wii dance program with Steph 1pm Swimming	<b>17</b> 11am Making blankets for the SPCA 12:30pm 9 Ball tourney 5pm Crochet with Fariba	<b>18</b> 11am Jewelry making with Fariba	<b>19</b> 1-3pm Men's Wellness Group 2pm Food Bank 3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor )	<b>20</b> 11am Pictionary 12:30pm Birthday Cake Celebration 2pm Women's Group with Lauren 5:30pm Bingo	<b>21</b> 1:15pm Swimming 2:30pm Saturday Social <u>3pm Sign up for Food Stash</u> <u>5:30pm Food Stash starts</u>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b> 1:30pm <b>Earth Day Quiz</b> 2:30pm <b>Patio planting</b> 3pm <b>Conversation Club</b>	<b>23</b> 11am <b>Wii Dance Exercise with Steph</b> 1pm <b>Swimming</b> 5:30pm <b>Yum Yum Bingo</b>	<b>24</b> 10am <b>Movie sign-up</b> 11:15am (approx.) <b>Movie outing</b> 2pm <b>Resource Centre Site Meeting</b> 5pm <b>Crochet with Fariba</b>	<b>25</b> <p style="text-align: center;"><b>RESOURCE CENTRE CLOSED AT NOON</b>  <b>Cheque Issue Day</b></p>	<b>26</b> 11am <b>Maplewood Farm trip (rescheduled from last month)</b> 1pm <b>Superstore</b> 3-4pm <b>Acupuncture with Anatoli (bring care card on 2nd floor)</b> 5:15pm <b>Pamper yourself with Lauren</b>	<b>27</b> 11am <b>Pictionary</b> 2pm <b>Women's Group with Lauren</b> 5:30pm <b>Bingo</b>	<b>28</b> 1:15pm <b>Charades</b> 2:30pm <b>Saturday Social</b> 3pm <b><u>Sign up for Food Stash</u></b> 5:30pm <b><u>Food Stash starts</u></b>
<b>29</b> 1:30pm <b>Tennis with Trevor</b> 3pm <b>Conversation Club</b>	<b>30</b> 11am <b>Wii Dance with Steph</b> 1pm <b>Swimming</b>					

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.*