

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

**July 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>Happy Canada Day</b> <b>Resource Centre is CLOSED</b>	<b>2</b> 11am Gardening off site.at plot  1pm Swimming	<b>3</b> 11am Bocce Ball in the park  5pm Crochet and knitting group	<b>4</b> 11am Walking Group  2pm Understanding PTSD workshop with Nola  3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor)	<b>5</b> 1-3pm Men's Wellness Group  2pm Food Bank	<b>6</b> 11am Pictionary  12:30pm Ping-Pong Tourney  2pm Women's Group  5:30pm Bingo	<b>7</b>  1:15pm Swimming  2:30pm Saturday Social  <u>3pm Sign up for Food Stash</u>  <u>5:30pm Last Food Stash starts</u>
<b>8</b> Noon "Finn" the Therapy dog comes by for a visit with their human  1:30pm Tennis with Trevor  2pm Conversation Club	<b>9</b> 11am Gardening off site at plot  2pm Pictionary	<b>10</b> <b>RESOURCE CENTRE CLOSED</b>  <b>MPA MEMBERS ONLY PICNIC 11AM TO 2:30PM LUNCH NOON TO 1PM SAME LOCALE AS LAST YEAR</b>	<b>11</b> 11am Walking Group  1pm Swimming	<b>12</b> 1-3pm Men's Wellness Group  2pm Food Bank	<b>13</b> 11am Pictionary  2pm Women's Group  5:30pm Bingo	<b>14</b> 1:15pm Ball Hockey with a Pro "Buds" 2:30pm Saturday Social
<b>15</b>  1:30pm Tennis with Trevor  2pm Conversation Club	<b>16</b> 11am Gardening off site at plot  1pm Swimming	<b>17</b> 11am Making blankets for the SPCA  12:30pm 8 Ball tourney 2:30pm Weight training with Stuart  5pm Learn crochet or knit with Fariba	<b>18</b> 11am Trip to the Main library for tour of all the services  3-4pm Acupuncture with Anatoli ( bring care card on 2nd floor )  3:30pm Smudging 	<b>19</b> 1-3pm Men's Wellness Group  2pm Food Bank	<b>20</b> 11am Pictionary  12:30pm Birthday Cake Celebration  2pm Women's Group  5:30pm Bingo	<b>21</b>  1:15pm Swimming  2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b> 1:30pm Tennis with Trevor  2pm Conversation Club	<b>23</b> 11am Gardening off site at plot  1pm Swimming  5:30pm "Good Stuff" Bingo	<b>24</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>25</b> <b>Resource Centre Is CLOSED For PWD Cheque issue</b>	<b>26</b> 11am Capilano Fish Hatchery  1pm Superstore	<b>27</b> 11am Pictionary  2pm Women's Group  5:30pm Bingo	<b>28</b> 1:15pm Bocce Ball in the park  2:30pm Saturday Social
<b>29</b> 1:30pm Tennis with Trevor  2pm Conversation Club	<b>30</b> 11am Gardening off site at plot  1pm Swimming	<b>31</b> 11am Bocce in the park  2:30pm Weight training with Stuart  5pm Learn to crochet or knit With Fariba				

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.*