




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

**May 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>1 11am <b>Nutrition for Women with Fariba</b></p> <p>2:30pm <b>Weight training with Stuart</b></p> <p>5pm <b>Learn Crochet or Knit with Fariba</b></p>	<p>2 11am <b>Walking Group</b></p> <p>11:30am <b>Fire Hall Theatre For performance "Metis Mutt"</b></p>	<p>3 1-3pm <b>Men's Wellness Group</b></p> <p>2pm <b>Food Bank</b></p> <p>3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b></p>	<p>4 11:30am <b>Learn "Salsa Dancing" with Alynn and be ready for "Cinco De Mayo"</b></p> <p>12:30pm <b>Ping-Pong Tourney</b></p> <p>5:30pm <b>Bingo</b></p>	<p>5  <b>CINCO DE MAYO</b></p> <p>1:15pm <b>Swimming</b></p> <p>2:30pm <b>Saturday Social</b></p> <p><u>3pm Sign up for Food Stash</u></p> <p><u>5:30pm Food Stash starts</u></p>
<p>6 1:30pm <b>Tennis with Trevor</b></p> <p>3pm <b>Conversation Club</b></p>	<p>7 11am <b>Community Garden Planning Meeting</b></p> <p>1pm <b>Swimming</b></p>	<p>8 11am <b>Making Blankets for the SPCA</b></p> <p>2pm <b>Walk for (CMHA) Mental Health Awareness</b></p> <p>5pm <b>Learn crochet or knit with Fariba</b></p>	<p>9 11am <b>Walking Group</b></p> <p>2pm <b>Understanding PTSD workshop with Terri</b></p>	<p>10 1-3pm <b>Men's Wellness Group</b></p> <p>2pm <b>Food Bank</b></p> <p>3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b></p> <p>5:15pm <b>Pamper yourself with Lauren</b></p>	<p>11 11am <b>Pictionary</b></p> <p>2pm <b>Women's Group with Lauren</b></p> <p>5:30pm <b>Bingo</b></p>	<p>12</p> <p>1:15pm <b>Ball Hockey with Buds</b></p> <p>2:30pm <b>Saturday Social</b></p> <p><u>3pm Sign up for Food Stash</u></p> <p><u>5:30pm Food Stash starts</u></p>
<p>13 1:30pm <b>Tennis with Trevor</b></p> <p>3pm <b>Conversation Club</b></p>	<p>14 11am <b>Wii Dance Exercise program with Steph</b></p> <p>1pm <b>Swimming</b></p>	<p>15 11am <b>Making blankets for the SPCA</b></p> <p>12:30pm <b>8 Ball tourney</b></p> <p>2:30pm <b>Weight training with Stuart</b></p> <p>5pm <b>Learn crochet or knit with Fariba</b></p>	<p>16 11am <b>Walking Group</b></p> <p>3:30pm <b>Smudging</b></p> 	<p>17 1-3pm <b>Men's Wellness Group</b></p> <p>2pm <b>Food Bank</b></p> <p>3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</b></p>	<p>18 11am <b>Pictionary</b></p> <p>12:30pm <b>Birthday Cake Celebration</b></p> <p>2pm <b>Women's Group with Lauren</b></p> <p>5:30pm <b>Bingo</b></p>	<p>19</p> <p>1:15pm <b>Swimming</b></p> <p>2:30pm <b>Saturday Social</b></p> <p><u>3pm Sign up for Food Stash</u></p> <p><u>5:30pm Food Stash starts</u></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> 1:30pm Rummy tournament  3pm Conversation Club	<b>21</b> <b>RESOURCE CENTRE IS CLOSED</b>  	<b>22</b> 10am <b>Movie sign-up</b> 11:15am (approx.) <b>Movie outing</b>  2pm <b>Resource Centre Site Meeting</b> 2:30pm <b>Weight training with Stuart</b>  5:30pm <b>“Good Stuff” Bingo</b>	<b>23</b>  <b>RESOURCE CENTRE CLOSED AT NOON</b> <b>PWD Cheque Issue Day</b>	<b>24</b> 10:30am <b>Golden Ears Park Trip</b>  1pm <b>Wal-Mart</b> 3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor)</b>  5:15pm <b>Pamper yourself with Lauren</b>	<b>25</b> 11am <b>Pictionary</b>  2pm <b>Women’s Group with Lauren</b>  5:30pm <b>Bingo</b>	<b>26</b>  1:15pm <b>Ball Hockey with Buds</b>  2:30pm <b>Saturday Social</b>  <u>3pm Sign up for Food Stash</u>  <u>5:30pm Food Stash starts</u>
<b>27</b> 1:30pm <b>Shop for plants for gardening</b>  3pm <b>Conversation Club</b>	<b>28</b> 11am <b>Planting at our Community Garden</b>  1pm <b>Swimming</b>	<b>29</b> 11am <b>Nutritional food prep and serve with Fariba</b>  2:30pm <b>Weight training with Stuart</b>  5pm <b>Learn to crochet or knit with Fariba</b>	<b>30</b> 11am <b>Walking Group</b>  2:30pm <b>Librarian visits and reading group.</b>	<b>31</b> 1-3pm <b>Men’s Wellness Group</b>  2pm <b>Food Bank</b>  3-4pm <b>Acupuncture with Anatoli ( bring care card on 2nd floor )</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.*