


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

September 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
						1 1:15pm Swimming 2:30pm Saturday Social
2 1pm Finn our therapy dog comes for a visit 1:30pm Gardening at the R.C. garden plot 2pm Conversation Club	3 CLOSED FOR HOLIDAY 	4 11am Nutritious meal planning with Fariba 2:30pm Weight training with Stuart 5pm Learn to crochet and knit with Fariba 5:30pm "Beauty Night"	5 11am Walking Group 1pm Journal and Gym for women with Fariba 1pm Swimming	6 1-3pm Men's Wellness Group 2pm Food Bank	7 11am Pictionary 2pm Women's Group 5:30pm Bingo	8 1:15pm Bocce Ball 2:30pm Saturday Social 5:15pm Karaoke with Lauren
9 1:30pm Bowling 2pm Conversation Club	10 11am Painting with Steph 1pm Swimming	11 11am Making props for the upcoming MPA member's play "SRO" 2:30pm Weight training with Stuart 5pm Learn crochet or knit with Fariba	12 11am Walking Group 1pm Journal and Gym for women with Fariba	13 1-3pm Men's Wellness Group 2pm Food Bank	14 11am Pictionary 1pm Birthday Cake Celebration 2pm Women's Group 5:30pm Bingo	15 1:15pm Swimming 2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 1pm Finn our therapy dog comes for a visit 1:30pm Tennis with Trevor 2pm Conversation Club	17 11am Make props for Play "SRO" 1pm Swimming 5:30pm Good Stuff Bingo	18 11am Nutritional cooking with Fariba 12:30pm 8 Ball tourney 2:30pm Weight training with Stuart 5pm Learn to crochet or knit With Fariba	19 11am Walking Group 1:30pm Journal and Gym for women with Fariba 2:30 "Being Supportive in the Resource Centre Community" 3: 30pm Smudging 	20 1-3pm Men's Wellness Group 2pm Food Bank	21 11am Pictionary 2pm Women's Group 5:30pm Bingo	22 1:30pm "Show and Tell" Do you have an item that you want to show and tell a story join in. 2:30pm Saturday Social
23 1:30pm Gardening plot off site harvesting/clean up 2pm Conversation Club	24 11am Painting with Steph 1pm Swimming	25 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	26 Resource Centre Is CLOSED at noon PWD Cheque issue	27 11am Golf at Queen Elizabeth Park Pitch and Putt 1pm Wal-mart 5:15pm Pamper yourself with Lauren	28 11am Pictionary 2pm Women's Group 5:30pm Bingo	29 1:15pm Swimming 2:30pm Saturday Social
30 1:15 Complete making of Props for Play "SRO" 2pm Conversation Club						

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.