

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WASH YOUR HANDS EVERYDAY SEVERAL TIMES A DAY FOR 20 SECONDS.</p> <p>MAINTAIN PHYSICAL DISTANCE BETWEEN YOU AND OTHER FOLKS. That is 2 meters or 6 feet.</p>			<p>1 NO FOOLS HERE!</p> <p>Wash your hands for 20 sec. Every day! Many times a day! Keep Physical distancing. 6 feet or 2 meters from folks</p>	<p>2</p> 	<p>3</p> <p>WE CAN DO THIS FOLKS!</p>	<p>4</p> <p>Write a letter or email to a friend or family member.</p> <p>Explain how you are feeling.</p> <p>(No need to mail it)</p>
<p>5</p> <p>You are not alone. Call a friend or a senior you know who is also in isolation.</p> <p>You can make a difference.</p>	<p>6</p> <p>Read a book. A page a day. More if you can.</p>	<p>7 <i>Give yourself a facial mask.</i> Recipe: Boil 1/2/ cup water add 1/3 cup oatmeal. Let cool If you have oily skin add 1 teaspoon baking soda. If not add 2tsp. yogurt, 2tsp honey 1 small egg</p>	<p>8 Exercise: Take a walk around the block. Remember to keep physical distance 6 feet or 2 meters. Give your self a walk schedule. Example: 11am, 2pm, 4pm and 7pm</p>	<p>9</p> <p>A mindfulness moment: Sit in a chair with your feet flat on the floor arms to your side. Breathe in thru your nose and out thru your mouth. Do this slowly and when you breathe in get that air down to your stomach. Keep your back straight and shoulders back.</p>	<p>10</p> 	<p>11</p> <p>Take time to clear your mind.</p> <p>Sit in you Mindfulness pose. (See the 9th) Do your breathing. Then remind yourself that this will pass and you will be okay.</p>
<p>12</p>  <p>Say a prayer. Or make a wish.</p>	<p>13</p> 	<p>14 <u>Spring Clean a little:</u> This can be simple and not overwhelming. Do you have dishes to wash? Wash all or one and dry and put away. Look in a drawer, kitchen or bedroom. Organize the drawer or remove one item and put it in a bag by the door to be removed.</p>	<p>15 Okay so the pools are closed! Try this. In the 60's there was a dance called the swim. It works with almost any Music. Oh, I suggest the crawl or side stroke well even the butterfly. The back stroke, well you could hurt yourself. *Just use your arms 😊</p>	<p>16</p> <p>Play solitaire. It is the only game in town at the moment.</p>	<p>17</p> <p>Scribble: Take a pen and scribble on the paper. For fun close your eyes. Just for 4-5 seconds. Look at the scribble. Do you see anything in the scribble? If so fill in the spaces to make your vision a reality.</p>	<p>18</p> <p>Make a TO DO list for next week. It can be 2 or 10 items on the list. Make a different list for each day. Incorporate some of the suggestions from the 3rd to the 17th.</p>

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<p>19</p> <p>A good day to practice your mindfulness breathing. See April 9th. Let's add a step. When you are breathing in move your arms as you are breathing in so your fingers tips are reaching to the ceiling and bring them down as you exhale</p>	<p>20</p> <p>TWO VERY IMPORTANT THINGS TO REMEMBER 1 Wash your hands for 20 seconds and make sure you have soap suds on every part of your hands and then rinse.</p> <p>2 Practice Physical Distancing This means to always have at least 6 feet of 2 meters between you and another person.</p>	<p>21</p> <p>If you received your funds today and you are planning to go out for necessary items, first make a list. Maybe try something new to cook.</p> <p>Something simple Try this one. Scramble 2 eggs and mix in red kidney beans 1cup or black beans. You can but this on rice or wrap in a tortilla shell. Low cost and nutritious.</p> <p>*PWD Cheque Issue today or tomorrow.</p>	<p>22</p>  <p>Take a minute and think of something you can do to help the earth. Example: an old shirt you never wear, has a stain. Cut it up and use as a rag for cleaning. You have re purposed it! Nice!</p>	<p>23</p> <p>So, if you have decided to stay Inside and not go for a walk you need fresh air.</p> <p>At 7pm every night in most neighbourhood's folks are clapping or banging pots to thank and lift the spirits of frontline workers. Open your window, or go out on your balcony and clap or bang a pot your yell THANK YOU and do your part to support the front line workers.</p>	<p>24</p> <p>Stretch your arms up with finger tips to the sky and stretch! Or if you can open your door and place your hand at the top and hold on and let your feet up to get a good stretch in your back You may not be talking a lot right now so exercise your mouth. Using the vowels and with great emphasis stretch your facial muscles and say the vowels A,E,I,O,U, and sometimes Y.</p>	<p>25</p> <p>Review your TO DO list for the week before. Did you get any of the items done? If so great! If not, add them to your list for the next week. Give it another try. If you got all the things on your list done well aren't you amazing. Now make another list. 😊</p>
<p>26</p> <p>Let's try a self care list too. Try a few things mentioned Here. Facial, brush your teeth, have a shower, comb your hair exercise and WASH YOUR HANDS FOR 20 SECONDS! 😊</p>	<p>27</p> <p>Move. If you have music play it! Music soothes the soul. If not, you might remember a tune and sing it and DANCE! Dance like nobody is watching. Because most likely nobody is.</p>	<p>28</p> <p>See the 21st for some ideas. Remember Physical Distancing!</p> <p>*CPP Cheque Issue Day</p>	<p>29</p> <p>Quote for the month of April Courage doesn't always roar. Sometimes it is quiet and says "I will try again tomorrow"</p>	<p>30</p> <p>Make a list of all the things you have done for the month. Even if you have one thing on the list. Excellent! You have accomplished something and can feel good about it!</p>	<p>All the ideas here are suggestions. If you try one or none it is up to you. I am away from April 4th and return on April 14th. Call me at 604-482-3705. We have adult colouring materials that you can arrange to pick up with me or your SIL worker. Colouring is an amazing way to reduce anxiety. Even if you have never done it before please give it a try. Now is the time to try things you may not have ever tried before. If you want give me a call and let me know how you have done on the ideas. I would like to hear. Also, if you have ideas it would be terrific and I can include them next month.</p>	

Art Studio – Second Floor Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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.