

MPA Resource Centre
 2275 Fir St. @ 7th Avenue
 604.482.3712 (staff)



August 2020 Activity Schedule

Breakfast: 10-11am .50 cents
 Dinner: 4-5pm \$2.00



Monday-Friday

Open: 10am-1pm & 2pm-5pm

SIGN UP FOR MEMBERSHIP IS ON WEDNESDAYS ONLY (NO SIGN UPS ON CHEQUE ISSUE DAY) BETWEEN 11AM AND 1PM PLEASE CALL TO SET UP AN APPOINTMENT.

Coffee times: 10 am and 2:30pm

Snack 2:30pm only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please call the Resource Centre to sign up for any programs. Leave a message with your phone number and we will return your call to verify if you are signed into the program or on the waitlist. Program limit is 5 members per program unless otherwise specified.</p>  <p>Please call to make a reservation for our BBQ to insure a spot. Once we have 20 for each sitting as folks leave others will be able to come in (keeping with 20 only at a time) and we will also have a "to go" option.</p>						<p>1 RC CLOSED</p> <p>"What other people think of me is not my business" Michael J. Fox</p>
<p>2 RC CLOSED</p> <p>"Until all of us have made it. None of us have made it." Rosemary Brown</p>	<p>3 RC CLOSED</p>  <p>for BC Day</p>	<p>4 11:45 Stretching and Exercise Group</p> <p>2:30pm Tennis</p>	<p>5 11:30 Stretching and Exercise Group</p> <p>2:30pm Patio Garden Clean up</p>	<p>6</p> <p>2:30pm Tennis</p>	<p>7 11:30am Pictionary</p> <p>2-3pm RC Scrapbooking Group</p>	<p>8 RC CLOSED</p> <p>"Our identity includes our natural world, how we move through it, how we interact with it and how it sustains us." David Suzuki</p>
<p>9 RC CLOSED</p> <p>"Be kind. Be calm. Be safe." Dr. Bonnie Henry</p>	<p>10</p> <p>2:30pm Decorate Re-usable Bag</p>	<p>11 11:45 Stretching and Exercise Group</p> <p>2:30pm Tennis</p>	<p>12 11:30pm Stretching and Exercise Group</p> <p>2:30pm 8 Ball Pool Tournament max 10</p>	<p>13 11:30 am Tie-Dye T-shirts</p> <p>2:30pm Tennis</p>	<p>14 11:30am Pictionary</p> <p>2:30pm Simple Yoga</p>	<p>15 RC CLOSED</p> <p>"The heart never knows the colour of skin." Chief Dan George</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16 RC CLOSED</p> <p>“The power of a dream is that it frees up your imagination to think about the best possible scenario for your life.” Silken Laumann</p>	<p>17</p> <p>2:30pm Make your own mask</p> 	<p>18</p> <p>11:45am Stretching and exercise group</p> <p>2:30pm Tennis</p>	<p>19</p> <p>11:30am Stretching and exercise group</p> <p>2:30 Simple Yoga</p>	<p>20</p> <p>Breakfast 10am-11am</p>  <p>BBQ DAY 12 to 1pm 1st sitting</p> <p>3:30pm-4:30pm 2nd sitting</p> <p>BBQ To go given at 12:45pm and 4:30pm if available</p> <p>NOTE: No regular dinner service will be available.</p>	<p>21</p> <p>11:30am Pictionary</p> <p>2:30pm Scrapbooking</p>	<p>22 RC CLOSED</p> <p>“Do not try to do extraordinary things but do ordinary things with intensity.” Emily Carr</p>
<p>23 RC CLOSED</p> <p>“Never Give up”. Harry Jerome (Motto)</p>	<p>24</p> <p>2:30pm “Good Stuff Bingo” Max. 10 players</p>	<p>25</p> <p>11:45am Stretching and exercise group</p> <p>2:30pm RC Site Meeting</p>	<p>26</p> <p>Breakfast served 10am-11am Resource Centre Is CLOSED at NOON PWD Cheque issue</p>	<p>27</p> <p>2:30pm Tennis</p> <p>CPP Cheque Issue</p>	<p>28</p> <p>11:30am Pictionary</p> <p>2:30pm Bingo max. 10 players</p>	<p>29 RC CLOSED</p> <p>“My father was a soccer player. All my friends played basketball though. So, I played basketball.” Steve Nash</p>
<p>30 RC CLOSED</p> <p>“I grew up in Vancouver, British Columbia.” Ryan Reynolds</p>	<p>31</p> <p>2:30pm Tie-Dye T-shirts</p>					

Activities may be subject to change due to

Art Studio – Second Floor Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Open 2-4:30pm	Open 2-4:30pm	Open 2-4:30pm	Open 2-4:30pm	Open 2-4:30pm

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.

Quote for the month of August: “Change the world by being positive.”