





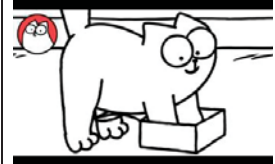
MPA Resource Centre
 2275 Fir St. @ 7th Avenue
 604.482.3712 (staff)
 604.738.1422 (members' line)
 Open: 10am-7:30pm Monday-Friday
 Noon-7pm Saturday/Sunday

December 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 1:30pm Bowling 2:30pm Saturday Social
2 First day of Hanukkah  2pm Conversation Club	3 11am Making Christmas Cards 1pm Swimming	4 RESOURCE CENTRE IS CLOSED SEE YOU ALL AT THE MEMBERS CHRISTMAS PARTY CROATION CULTURAL CENTRE 	5 RESOURCE CENTRE WILL BE CLOSED TODAY	6 1-3pm Men's Wellness Group 2pm Food Bank	7 11am Pictionary 12:30pm Ping-Pong Tourney 2pm Make Christmas Crafts 5:30 Bingo	8 1:15pm Swimming 2:30pm Saturday Social
9 2pm Conversation Club 2pm Decorate Resource Centre for Christmas	10 Last day of Hanukkah RESOURCE CENTRE WILL BE CLOSED TODAY	11 11am Jewelry making 12:30pm The Harry Cormier Memorial Pool Tourney 8 ball 2pm The movie "The Hustler" 5pm Learn crochet or knit with Fariba	12 11am Christmas Crafts 1pm Journal and Gym for women with Fariba 3: 30pm Smudging 	13 1-3pm Men's Wellness Group 2pm Food Bank	14 11am Pictionary 1pm Birthday Cake Celebration 2pm Christmas cookie decorating 5:30pm Bingo	15 1:15pm Make & decorate Gingerbread Houses 2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 2pm Conversation Club 2pm "Elf" the movie	17 1pm Swimming 5:30pm Christmas "Yum Yum" Bingo	18 10am Movie sign-up 11:15am (approx.) Movie outing 2pm Resource Centre Site Meeting 5pm Learn to Crochet or knit With Fariba	19 Resource Centre Is CLOSED at noon PWD Cheque issue	20 11:30am Visit to Pan Pacific Centre to see Christmas Windows of old and all the Decorations. 1:30pm Wal-Mart trip	21 11am Pictionary 1:30pm Wal-Mart 5:30pm Bingo	22 1:15pm Swimming 2:30pm Saturday Social
23 2pm Conversation Club 3-4pm Reiki with Nola (sign up space is limited)	24 11am Movie "The Grinch" 1pm Swimming 2pm "Sing some of the Oldies but Goodies with Dave Rogers"	25 OPEN FROM 1PM-4PM for Christmas dinner.  MUST SIGN UP FOR DINNER IN THE OFFICE Sign up starts Dec. 14th	26 BOXING DAY  THE RESOURCE CENTRE IS CLOSED	27 11:30am Charade's 1-3pm Men's Wellness Group	28 11am Pictionary 2pm Women's Group	29 2:30pm Saturday Social 3-4pm Yoga with Nola
30 2pm Conversation Club	31 2pm New Year's Resolution Group. Discuss goals and tools to reach those goals. 5:30pm Music and refreshments to ring in 2019					

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.