

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

Monday-Friday
Open: 10am to 5pm









December 2020 Activity Schedule

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

Snack and coffee 2:30pm

SIGN UP FOR MEMBERSHIP IS ON THURSDAYS ONLY BETWEEN 11AM AND 1PM PLEASE CALL TO SET UP AN APPOINTMENT.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Remember to call or sign-up in person for programs. Sign up starts Nov. 26th for Dec. programs. <u>*See special note for Dec. 24th*</u></p>		<p>1 2:30pm Celebration of Life for Chris Jensen Max. 12</p>	<p>2 11:30am Knitting Group Dish cloths or a "Fun Scarf" Max. 2 2:30pm Make a Christmas Door Wreath Max. 5</p>	<p>3 11:30am Women's Group (nails painted) Max.2 Noon Women's group (Facial Masks) Max. 2 2:30pm Create a holiday gift package. All supplies provided. Max 8</p>	<p>4 11:30am Pictionary Max. 8 2:30pm Bingo Max. 10</p>	<p>5 RC IS CLOSED "Stay off the naughty list...wear a mask"</p>
<p>6 RC CLOSED "May be Christmas doesn't come from a store... may be Christmas means a little bit more." – Grinch</p>	<p>7 11:30am Journal Writing with Lenore Rowntree 3rd session of 4 (Limit of 2 per session) 2:30pm Skip-Bo Tourney Max. 6</p>	<p>8 2:15pm "Elf" the movie Max. 8 2:30pm 3rd Annual Harry Cormier 8 Ball Pool Tournament Max. 10</p>	<p>9 11:30 Simple Yoga Max. 2 2:30pm Librarian Elenore in  1 person at a time. Please wear a mask when speaking with the Librarian.</p>	<p>10 FIRST NIGHT OF HANUKKAH 11:30am Create a holiday gift package. All supplies provided. Max 8 2:30pm Peer to Peer Group Max. 2 people to 3pm 3:00pm Peer to Peer Group Max. 2 people to 3:30pm</p>	<p>11 11:30am Pictionary Max. 8 2:30pm Bingo Max. 10</p>	<p>12 RC IS CLOSED "May the lights of Hanukkah usher in a better world for all mankind" -unknown</p>
<p>13 RC CLOSED "Hanukkah is ... the festival of lights, instead of one day of presents, we get eight crazy nights"- Adam Sandler</p>	<p>14 11:30am Journal Writing with Lenore Rowntree last session of 4 (Limit of 2 per session) 11:30 RC Site Meeting Max. 10 2:15pm Christmas "Yum Yum" Bingo Max. 10</p>	<p>15 2:15pm Movie "Fiddler on the Roof" Max. 8 2:30pm Knitting Group Max. 2</p>	<p>16 Breakfast served 10am-11am Resource Centre Is CLOSED at NOON PWD Cheque issue</p>	<p>17 11:30am Women's Group (nails painted) Max.2 people Noon Women's group (Facial Masks) Max. 2 people 2:30pm Assortment of Christmas Crafts to make as gifts or for yourself to decorate. Max. 6</p>	<p>18 LAST NIGHT OF HANUKKAH 11:30am Pictionary Max. 8 2:30pm Bingo Max. 10</p>	<p>19 RC CLOSED "The best way to spread Christmas cheer this year ... is to stay home."</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20 RC CLOSED</p> <p>“Wishing EWE a very Merry Christmas”</p>  <p>“Christmas isn’t a season it’s a feeling”- Edna Ferber</p>	<p>21 11:30am Create a holiday gift package. All supplies provided. Max. 8</p> <p>2:30pm Assortment of Christmas Crafts to make as gifts or for yourself to decorate. Max. 6</p>	<p>22</p> <p>2:15pm Movie “Christmas Vacation” Max. 8</p> <p>2:30am Stretching and exercise group Max. 2</p>	<p>23</p> <p>11:30am Pictionary Max. 8</p> <p>2:30pm Bingo Max. 10</p>	<p>24 RC Closed except for those signed up for meals</p> <p>10am to 11am Breakfast 12/Noon to 1pm Lunch 2pm to 3pm Dinner Sign up Dec. 1st to 14th. 1 meal per person.</p> 	<p>25 RC CLOSED FOR CHRISTMAS</p> 	<p>26 RC CLOSED</p> <p>BOXING DAY HAPPY BOXING DAY!</p> 
<p>27 RC CLOSED</p> <p>“When you choose joy you feel good, when you feel good, you do good and when you do good it reminds others of what joy feels like and it just might inspire them to do the same.”</p>	<p>28 RC CLOSED FOR BOXING DAY HOLIDAY</p>	<p>29</p> <p>2:15pm Movie “The Goonies” Max. 8</p> <p>2:30 Stretching and Exercise Group Max. 2</p> <p>CPP Cheque Issue</p>	<p>30</p> <p>11:30am Pictionary Max. 8</p> <p>2:30pm Bingo Max. 10</p>	<p>31</p> <p>11:30am What’s in the stars? (formerly “Saturday Social”) The year ahead. Max. 10</p> <p>3pm GOODBYE 2020! Hello 2021! A toast to 2021! Max.12</p>	<p>1 RC CLOSED New Year’s Day</p> 	<p>2 RC CLOSED</p> <p>“If you want the rainbow you have to put up with the rain”- Dolly Parton</p> <p>RC OPENS AGAIN JANUARY 4TH AT 10AM to 5PM Monday to Friday.</p>

Activities may be subject to change due to weather or staff availability.

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 December: “Don’t get your tinsel in a tangle.”