





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




February 2020 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 12:30 PM TO 3 PM**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Nomination ballots will be available from February 1<sup>st</sup> to February 16<sup>th</sup> for the “Heart Felt Appreciation Awards”.</b> </p> <p><b>Nominate a member that you feel makes a positive difference in the Resource Centre. The 2020 Heart Felt Appreciation Awards will be given out on March 3<sup>rd</sup> 2020 at 2pm in the Resource Centre.</b></p> <p><b>The Award recipients names will be posted in the Resource Centre by February 26<sup>th</sup>.</b></p> <p><b><i>Please come out and support our members that make a difference at the awards ceremony on March 3<sup>rd</sup>.</i></b></p>						<p><b>1</b></p> <p>1:30pm Swimming</p> <p>2:30pm Saturday Social with Ian</p> <p>3pm Easy and Simple recipes discussion group with Juliana</p>
<p><b>2</b></p> <p>2pm Conversation Club with Dianne</p> <p>2pm Scrapbooking</p> <p>5:15pm Crochet/Knit Group</p>	<p><b>3</b></p> <p>11:15am Self-care</p> <p>1pm Swimming</p>	<p><b>4</b></p> <p>11:15am Nutrition on a budget</p> <p>1:30pm Dance to the music</p>	<p><b>5</b></p> <p>11:15am Strength Exercise</p> <p>2pm Peer to Peer Group with Candace</p>	<p><b>6</b></p> <p>11:15am Mindfulness group</p> <p>1-3pm Men’s Wellness Group with Ian</p> <p>2pm Food Bank</p>	<p><b>7</b></p> <p>11:15am Pictionary</p> <p>1:00pm Ping-Pong Tourney</p> <p>2pm Women’s Group</p> <p>5:30 Bingo</p>	<p><b>8</b></p> <p>2pm Hot Chocolate excursion!</p> <p>2:30pm Saturday Social with Ian</p> <p>3pm Easy and Simple recipes discussion group with Juliana</p>
<p><b>9</b></p> <p>1:30pm Bowling</p> <p>2pm Scrapbooking</p> <p>2pm Conversation Club with Dianne</p> <p>5:15pm Crochet/Knit Group</p>	<p><b>10</b></p> <p>11:15am Jigsaw Puzzle Group with Lyn</p> <p>1pm Swimming</p> <p>2pm Make Valentine Cards</p> <p> Thank you for being a friend card. Etc.</p> <p>5:30pm “Yum Yum” Bingo</p>	<p><b>11</b></p> <p>11:15am Make a drum from recycled materials Part 1</p> <p>12:30pm 8 Ball pool tourney</p> <p>2pm Librarian visits</p>	<p><b>12</b></p> <p>11:15am Strength Exercise</p> <p>1pm Decorate Valentine cookies</p> <p> 2pm Peer to Peer Group with Candace</p>	<p><b>13</b></p> <p>1-3pm Men’s Wellness Group with Ian</p> <p>2pm Food Bank</p>	<p><b>14</b></p> <p>11:15am Pictionary</p> <p>12:45pm Birthday Cake Celebration</p> <p>2pm Women’s Group</p> <p>5:30pm Bingo</p> <p></p>	<p><b>15</b></p> <p>1:30pm Swimming</p> <p>2:30pm Saturday Social with Ian</p> <p>3pm Easy and Simple recipes discussion group with Juliana</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 2pm Conversation Club with Dianne 2pm Scrapbooking 5:15pm Crochet/Knit Group	<b>17</b>  <b>Resource Centre Is CLOSED</b>	<b>18</b> 10am Movie sign-up 11:15am (approx.)Movie outing 2pm Resource Centre Site Meeting	<b>19</b> <b>Breakfast served 10am-11am</b> <b>Resource Centre Is CLOSED at noon</b> <b>PWD Cheque issue</b>	<b>20</b> 11:15am Electric Go-Carts excursion 2pm Ready, Set, Go, to work or Volunteer	<b>21</b> 11:15am Pictionary 2pm Woman's Group 5:30pm Bingo	<b>22</b> 2pm Karaoke 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana
<b>23</b> 2pm Conversation Club with Dianne 2pm Scrapbooking 5:15pm Crochet/Knit Group	<b>24</b> 11:15am Jigsaw Puzzle Group with Lyn 1pm Swimming	<b>25</b> 11:15am Nutrition Cooking group 1:30pm Dance to the music	<b>26 "Pink Shirt Day"</b> 11:15am Strength Exercise 2pm Peer to Peer Group with Candace <b>*CPP Cheque Issue Day</b>	<b>27</b> 11:15am Mindfulness group 1-3pm Men's Wellness Group with Ian 2pm Food Bank	<b>28</b> 11:15am Pictionary 1pm Wal-Mart Trip 5:30pm Bingo	<b>29</b> 1:30pm Swimming 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana

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.*

**Quote for the month of February**

**“Don’t look back, you’re not going that way”**