




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

January 2019 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 Resource Centre CLOSED 	2 11am Ready, Set, go to Work (or volunteer) with Bintou 1pm Journal and Gym for women with Fariba	3 1-3pm Men's Wellness Group 2pm Food Bank	4 11am Pictionary 12:30pm Ping-Pong Tourney 2pm Women's Group 5:30pm Bingo	5 1:30pm Bowling 2:30pm Saturday Social
6 2pm Conversation Club 2pm Scrapbooking with Robyn 3-4pm Reiki with Nola (sign up space is limited)	7 11am TED talks with Hannah 1pm Swimming	8 11am Nutrition on a budget with Fariba 5:30pm "Beauty Night"	9 11am Ready, Set go to Work (or volunteer) with Bintou 1pm Journal and Gym for women with Fariba	10 1-3pm Men's Wellness Group 2pm Food Bank	11 11am Pictionary 2pm Women's Group 5:30 Bingo	12 1:15pm Swimming 2:30pm Saturday Social
13 2pm Conversation Club 2pm Scrapbooking with Robyn 3-4pm Reiki with Nola (sign up space is limited)	14 11am Indoor Badminton with Hannah 1pm Swimming 2pm "Sing some oldies but goodies with Dave Rogers"	15 11am Painting with Fariba 12:30pm 9 Ball pool tourney 5pm Learn crochet or knit with Fariba	16 11am Ready, Set go to Work (or volunteer) with Bintou 1pm Journal and Gym for women with Fariba 2:30pm Librarian in	17 1-3pm Men's Wellness Group 2pm Food Bank	18 11am Pictionary 1pm Birthday Cake Celebration 2pm Women's Group 5:30pm Bingo	19 1pm Karaoke 2:30pm Saturday Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>2pm Conversation Club 2pm Scrapbooking with Robyn</p> <p>3-4pm Reiki with Nola (sign up space is limited)</p>	<p>21</p> <p>11am" Workshop on the 3R's" with Hannah Reduce, Reuse, Recycle</p> <p>1pm Swimming</p> <p>5:30pm "Good Stuff" Bingo</p>	<p>22</p> <p>10am Movie sign-up 11:15am (approx.)Movie outing</p> <p>2pm Resource Centre Site Meeting 3: 30pm Smudging</p>  <p>5pm Learn crochet or knit with Fariba</p>	<p>23</p> <p>Resource Centre Is CLOSED at noon PWD Cheque issue</p>	<p>24</p> <p>11:30am Grouse Mountain trip</p> <p>1:30pm Wal-Mart trip</p>	<p>25</p> <p>11am Pictionary</p> <p>2pm Women's group 2:30pm A taste of Haggis Ode to the Haggis</p>  <p>Robbie Burns Day</p> <p>5:30pm Bingo</p>	<p>26</p> <p>1:15pm Swimming</p> <p>2:30pm Saturday Social</p>
<p>27</p> <p>2pm Conversation Club 2pm Scrapbooking with Robyn</p> <p>3-4pm Reiki with Nola (sign up space is limited)</p>	<p>28</p> <p>11am Indoor Badminton</p> <p>1pm Swimming</p> <p>2pm "Sing some of the Oldies but Goodies with Dave Rogers"</p> <p>5:15pm Beautify with Bintou</p>	<p>29</p> <p>11am Nutritional cooking with Fariba</p> <p>5pm Learn crochet or knit with Fariba</p>	<p>30</p> <p>11am Ready, Set go to Work (or volunteer) with Bintou</p> <p>1pm Journal and Gym with Fariba</p>			

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.