


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 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
			1 Resource Centre CLOSED NEW YEARS DAY 	2 Out with the old and in with the new. Clean up, and refresh the Resource Centre space. All welcome!	3 11:15am Pictionary 2pm Women's Group 5:30 Bingo	4 1:30pm Swimming 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Julianna
5 2pm Conversation Club with Dianne 3pm Yoga and Meditation 5:15pm Crochet/Knit Group	6 11:15am Self-care 1pm Swimming	7 11:15am Nutrition on a budget 1:30pm Move with Music!	8 11:15am Strength Exercise 2pm Peer to Peer Group with Candace	9 11:15am Mindfulness group 1-3pm Men's Wellness Group with Ian 2pm Food Bank	10 11:15am Pictionary 1:30pm Skip Bo Tourney 2pm Women's Group 5:30 Bingo	11 2pm Karaoke 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Julianna
12 Noon Fin visits 1:30pm Bowling 2pm Conversation Club with Dianne 5:15pm Crochet/Knit Group	13 11:15am Jigsaw Puzzle Group 1pm Swimming	14 11:15am Drum Making Class Part 1 12:30pm 9 Ball pool tourney 2pm Librarian visits	15 11:15am Strength Exercise 2pm Peer to Peer Group with Candace	16 1-3pm Men's Wellness Group with Ian 2pm Food Bank	17 11:15am Pictionary 12:45pm Birthday Cake Celebration 2pm Women's Group 5:30pm Bingo	18 1:30pm Swimming 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Julianna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 2pm Conversation Club with Dianne 3pm Yoga and Meditation 5:15pm Crochet/Knit Group	20 11:15am Drum Making Class Part 2 1pm Swimming 5:30pm "Good Stuff" Bingo	21 10am Movie sign-up 11:15am (approx.)Movie outing 2pm Resource Centre Site Meeting	22 Breakfast served 10am-11am Resource Centre Is CLOSED at noon PWD Cheque issue	23 11:15 Trip to Grouse Mountain 11:15am Mindfulness group 2pm Ready, Set, Go, to work or Volunteer	24 11:15am Pictionary 1pm Wal-Mart Trip 5:30pm Bingo	25 2pm Karaoke 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Julianna
26 2pm Scrapbooking 2pm Conversation Club with Dianne 3pm Yoga and Meditation 5:15pm Crochet/Knit Group	27 11:15am Jigsaw Puzzle Group 1pm Swimming	28 11:15am Nutrition Cooking group 1:30pm Move with Music! 3pm Sing-a-Long	29 11:15am Strength Exercise 2pm Peer to Peer Group with Candace *CPP Cheque Issue Day	30 1-3pm Men's Wellness Group with Ian 2pm Food Bank	31 11:15am Pictionary 2pm Woman's Group 5:30pm Bingo	

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 January

"Clear your mind of can't"