

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



JULY 2020 Activity Schedule

Breakfast: 10-11am .50 cents


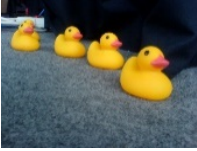



Dinner: 4-5pm \$2.00

Monday-Friday

Open: 10am-1pm & 2pm-5pm

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

Coffee times: 10 am and 2:30pm

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| <p>We are looking forward to welcoming back members on July 15th to the Resource Centre. Please keep in mind that things have changed since we were all together pre COVID-19. Please continue to call to sign up for activities or when you are in the R.C. Note: Reduced hours and days of operation. New signage with rules, to keep everyone safe. This continues to be our priority.</p> | | | <p>1 RC CLOSED</p>  | <p>2 10-11am Coffee meet up group. Meet our new Coordinator Kelsey</p> <p>2-3pm RC Scrapbooking Group</p> | <p>3 10-11am Coffee meet up group.</p> <p>2-3pm RC Scrapbooking Group</p> | <p>4 RC CLOSED</p> <p>“Action is the antidote to despair” Joan Baez</p> |
| <p>5 RC CLOSED</p> <p>“You want to fly you have to give up the stuff that weighs you down” Toni Morrison</p> | <p>6 11-12am Decorate Re usable Bag.</p> <p>2:30pm Tennis</p> | <p>7 NO GROUPS TODAY</p>  <p>Getting out ducks in a row 😊</p> | <p>8 11-noon Stretching and Exercise Group</p> <p>2pm sign up for 2:15pm 8 Ball Tournament</p> | <p>9 10-11am Patio Garden Clean up Group.</p> <p>2:30pm Tennis</p> | <p>10 10-11am Coffee meet up group.</p> <p>2-3pm RC Scrapbooking Group</p> | <p>11 RC CLOSED</p> <p>“No matter where you are from your dreams are valid.” Lupita Nyong’o</p> |
| <p>12 RC CLOSED</p> <p>“If you quit once it becomes a habit. Don’t quit.”- Michael Jordon</p> | <p>13 10-11am Coffee meet up Group. Meet our new Coordinator Kelsey.</p> <p>2-3pm Pictionary</p> | <p>14 11-noon Stretching and Exercise Group</p> <p>2-3pm Colour your Mandala.</p> | <p>15 10-11am breakfast No programs today 10am-1pm & 2-5pm WELCOME BACK. Watch your step 😊</p>  <p>4-5pm dinner</p> | <p>16 10-11am breakfast NO PROGRAMS TODAY</p>  <p>JUST GETTING INTO THE GROOVE 4-5pm dinner</p> | <p>17 10-11am breakfast NO PROGRAMS TODAY</p>  <p>JUST GETTING INTO THE GROOVE 4-5pm dinner</p> | <p>18 RC CLOSED</p> <p>“You always have two choices: Your commitment versus your fear.” Sammy Davis, Jr.</p> |

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|---|-----------------------------|--|---|--|--|---|
| <p>19 RC CLOSED</p> <p>“If you are trying to be normal you will never know how amazing you can be.” Maya Angelou</p> | <p>20</p> <p>2pm Tennis</p> | <p>21</p> <p>11:30am Stretching and exercise group</p> <p>2:30pm RC Site Meeting</p> | <p>22</p> <p>Breakfast served 10am-11am</p> <p>Resource Centre</p> <p>Is</p> <p>CLOSED at noon</p> <p>PWD</p> <p>Cheque issue</p> | <p>23</p> <p>2-3pm RC Scrapbooking Group</p> | <p>24</p> <p>2:30pm Bingo</p> <p>Maximum # of players 10</p> | <p>25 RC CLOSED</p> <p>“A people without the knowledge of their past history, origin and culture is like a tree without roots”- Marcus Garvey</p> |
| <p>26 RC CLOSED</p> <p>“We must learn to live together as brothers or perish together as fools.” – Martin Luther King Jr.</p> | <p>27</p> <p>2pm Tennis</p> | <p>28</p> <p>11:30am Stretching and exercise group</p> | <p>29</p> <p>2pm Tennis</p> | <p>30</p> <p>2pm Landscape painting made easy.</p> | <p>31</p> <p>11:30am Pictionary</p> | <p>BLACK LIVES MATTER.</p> <p>PEOPLE OF COLOUR MATTER.</p> |

Activities may be subject to change due to

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 July

“Injustice anywhere is a threat to justice everywhere.” Martin Luther King Jr.