




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




March 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 2pm Conversation Club with Dianne 2pm Scrapbooking/crafts 5:15pm Crochet/Knit Group	2 11:15am Self-Care 1pm Swimming 5:30pm "Beauty Night" Returns!	3 11:15am Nutrition on a budget 2pm "Heartfelt Appreciation Awards" Ceremony Refreshments served. 	4 11:15am Exercise Group 2pm Peer to Peer Group with Candace	5 11:15am Mindfulness Group 1-3pm Men's Wellness Group with Ian 2pm Food Bank	6 11:15am Pictionary 2pm Women's Group 5:30pm Bingo	7 1:30pm Karaoke 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana *Turn your clocks forward an hour before you go to bed!
8 12:30pm Bowling 2pm Conversation Club with Dianne 2pm Scrapbooking/crafts 5:15pm Crochet/Knit Group	9 11:15am Self-Care 1pm Swimming	10 11:15am Nutrition Cooking Group 1:30pm Dance to the music	11 11:15am Exercise Group 2pm Peer to Peer Group with Candace	12 1-3pm Men's Wellness Group with Ian 2pm Food Bank	13 11:15am Pictionary 1:00pm Crib Tourney 2pm Women's Group 5:30 Bingo	14 2pm Swimming 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana
15 2pm Scrapbooking/crafts 2pm Conversation Club with Dianne 5:15pm Crochet/Knit Group	16 11:15am Self-care 1pm Swimming	17 11:15am De-clutter workshop 12:30pm 9 Ball pool tourney 2pm Librarian visits 	18 11:15am Exercise Group 2pm Peer to Peer Group with Candace	19 11:15am Mindfulness group 1-3pm Men's Wellness Group with Ian 2pm Food Bank  SPRING	20 11:15am Pictionary 12:45pm Birthday Cake Celebration 2pm Women's Group 5:30pm Bingo	21 1:30pm Karaoke 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana

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22 2pm Conversation Club with Dianne 2pm Scrapbooking/crafts 5:15pm Crochet/Knit Group	23 11:15 am Self-Care 1pm Swimming 5:30pm “Good Stuff” Bingo	24 10am Movie sign-up 11:15am (approx.) Movie outing 2pm Resource Centre Site Meeting	25 Breakfast served 10am-11am Resource Centre Is CLOSED at noon PWD Cheque issue	26 11:15am Science World trip 2pm Ready, Set, Go, to work or Volunteer	27 11:15am Pictionary 1:00pm Wal-Mart Trip 5:30pm Bingo *CPP Cheque Issue Day	28 2pm Swimming 2:30pm Saturday Social with Ian 3pm Easy and Simple recipes discussion group with Juliana
29 2pm Conversation Club with Dianne 2pm Scrapbooking/crafts 5:15pm Crochet/Knit Group	30 11:15am Self-Care 1pm Swimming	31 11:15am De-clutter workshop 1:30pm Dance to the music	 Just a reminder to come out for the “Heartfelt Appreciation” Award Ceremony on Tuesday March 3, 2020 2:00pm. Come and support your fellow members. Refreshments will be served.			

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 March

“My struggle is not my identity”