


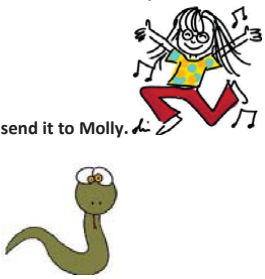







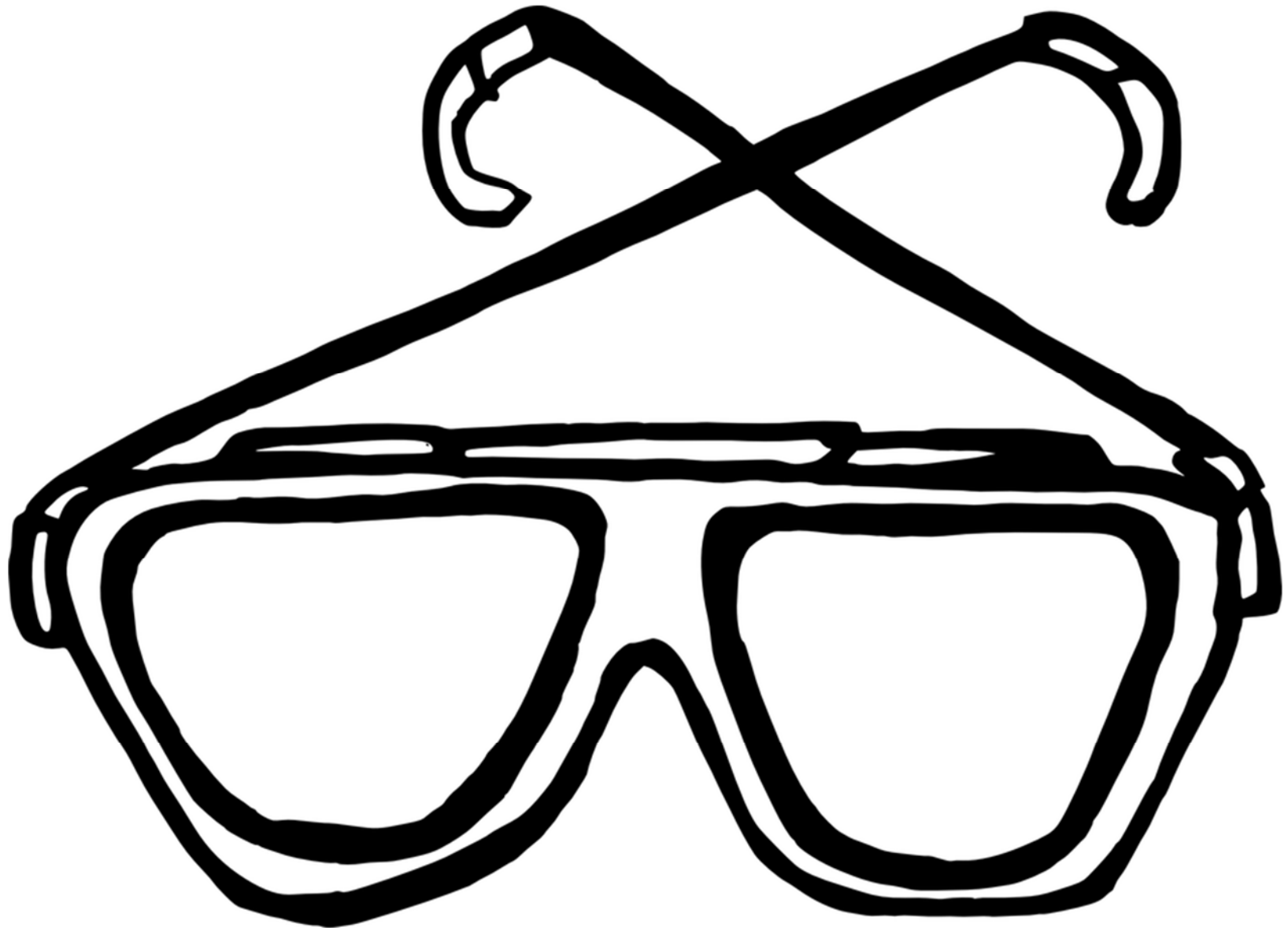
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<p>Molly has put together a challenge or two for each day. See how many you can do and report back to me molly@mpa-society.org or someone else who can give you a virtual “High 5” or emoji “High 5.” I would love to see what you have made or written. If you would like to connect with the R.C. staff please call 604-482-3712 and a staff member will get back to you as soon as possible. Let’s stay connected as best we can.</p> <p>Remember, “Winners... are not those who never fail but those who never quit!”</p> <p>May is Asian History Month! Thank you for helping to build our railways in B.C. Great food that so many are able to enjoy. The spices, art like no other and Tai Chi! Thank you for your unique perspective and culture that you have shared with Canada and Canadians.</p>					<p>1 May Day Take a moment to enjoy the sun and nature. Go for a walk and take a different route than usual.</p> <p>20 Jumping Jacks! All at once or 2 at a time or anything in between, M-F for the month. Keep track. Start a journal/ or on a piece of paper of feelings and accomplishments. “Be Strong”</p>	<p>Create a sign: “Stronger Together!” “Canada”  Post it in a window. Make it as colourful as you want or as simple. Remember there are folks out there working hard and It is a way to connect with your neighbours.</p>																																																						
<p>3 Read. Read a paragraph, a page or a chapter of a book or more. (Keep track each day you read.) “If you trip in life make it part of the dance of life”</p>	<p>4 Easy Street</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>1</td><td></td><td></td><td></td><td></td><td>2</td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td><td>8</td></tr> <tr><td>6</td><td>5</td><td>4</td><td>8</td><td>1</td><td>9</td></tr> <tr><td>4</td><td>3</td><td>7</td><td>9</td><td>5</td><td>1</td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td><td>7</td></tr> <tr><td>1</td><td></td><td></td><td></td><td></td><td>3</td></tr> <tr><td>9</td><td>1</td><td>2</td><td>4</td><td>3</td><td>6</td></tr> <tr><td>8</td><td></td><td>9</td><td>1</td><td>7</td><td>4</td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td><td>1</td></tr> </table> <p>May the fourth be with you.</p>	1					2	2					8	6	5	4	8	1	9	4	3	7	9	5	1	5					7	1					3	9	1	2	4	3	6	8		9	1	7	4	4					1	<p>5 Design a pair of reading glasses. If you have craft supplies and can get a pair at a dollar store go for it. If not, pen and paper.</p>  <p>You can use this as a starting point. Let your imagination go! Take a photo and send it to Molly. “You got this”</p>	<p>6 Fill in the blanks please.</p> <p>I am strong because _____.</p> <p>I do _____ because I care.</p> <p>My self-care is _____.</p> <p>My favourite activity is _____.</p> <p>“Be kind to yourself and others.”</p>	<p>7 How high can you build a pyramid with a deck of cards?</p>  <p>Let Molly know. Take a picture. Let’s see who builds the highest one.</p>	<p>8 Okay so 20 Jumping Jacks a day! Now add: Dance for 2 minutes 3 times a day at least. And dance like nobody is watching. 😊 You can even “Twist and Shout” (Maybe I am dating myself!) Make a paper heart. Write a positive message and tape it to your window. Send your heartfelt message out to others.</p>	<p>9 Make your own slime. Have fun! ½ cup of thick shampoo ¼ cup of cornstarch. Mix in a bowl. And 1 Tbsp. of water, stir. And 5, 1 at a time slowly & stir Knead for 5 min. and more corn starch if needed to get the consistency you want. Keep off clothes store in jar.</p>
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<p>10 Mother’s Day As it is Mother’s Day, write a note to your Mom or someone who is or has been like a Mother to you. If your Mom/ or Mother figure has passed away write it as if she was still on this earth. If will come from the heart and they are always in our hearts. If this is not of interest, write an open letter to the folks on the front line.</p>	<p>11 Draw a cartoon of yourself and send it to Molly.</p> 	<p>12 Today’s challenge is to write a Haiku poem. 3 lined-poem First line is 5 syllables Second line 7 syllables Third line 5 syllables Usually evokes or describes an emotion. Has an element of nature. Describes something. “Clear your mind of can’t”</p>	<p>13 To Post in your window in big letters, a letter on each paper if you can</p> <p>Be Well Be Kind Be Safe</p> <p>A message to your neighbours On their walks. Because we are in this together. We will get through this together!</p>	<p>14 Make your own stress ball. 2 cups plain flour 1 cup salt Mix 1 Tablespoon veg. oil ¼ cup water/food colour if desire. Mix. Add wet to dry slowly mixing as you add till firm and not sticky. Add more flour or water small amounts if need be. Create a ball and squeeze it. Keep in air tight container.</p>	<p>15 Okay Jumping Jacks and dancing NOW we add wall push ups. Feet slightly apart, standing arms-length from wall, palms flat on wall bend arms elbows down, push off wall, palms on wall and keep it up 20 times 3 times a day! You got this!</p> <p>Make a line drawing (no shading just lines) of an everyday item at home. Like a spoon, a plant, a cup etc. Pen and paper is all you need.</p>	<p>16 Breathe. If you can, get outside to a park area or somewhere that gives you space to BREATHE. Inhale slowly through your nose taking the air deep into your stomach. Then exhale thru pursed lips slowly. X3 Our air is cleaner than it has been in decades. Enjoy. Try to be outside for 20min.</p>																																																						

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<p>17</p> <p>Take a look at that journal you started on the 1st. Have you written anything in it? Never too late to start. If nothing else, write. "I am here." Have you put any of your accomplishments in the journal? If not check out the 6th and fill in the blanks. If you are writing then you have accomplished something! Excellent.</p>	<p>18 Victoria Day</p> <p>Give yourself the ROYAL Treatment</p> <p>Face mask: Mash ½ a banana and apply to face 10-20 min. Has vitamin B for dryness, E for wrinkles, potassium to hydrate. Cucumber slices on your eyes/or cold tea bags to reduce puffiness. Relax, lying down for 15 min.</p>	<p>19</p> <p>Today's challenge, if you decide to take it is to... DO something different! Something that you haven't done before. Maybe something on this calendar. Or try writing your name with your non dominant hand. Okay ambidexters! Try writing your name with the pen in your mouth. Not easy, right! But different☺ Walk somewhere different.</p>	<p>20</p> <p>If possible, buy an avocado. Try avocado Toast. Take ½ the avocado and spread it on the toast. Try it. If you like it great. You have tried something new. You made it yourself. Some places charge upwards of \$11.00! Save the stone. Wash and dry it out till Thursday. You'll see! ☺.</p>	<p>21</p> <p>Scavenger Hunt</p> <p>How many things can you find on a walk around the block or on a regular route you take.</p> <p>Check them off and report back</p> <p>See lists provided. Or make your own!</p> 	<p>22</p> <p>It is add another exercise day!</p> <p>20 Jumping Jacks</p> <p>Dance it off!</p> <p>Wall push ups and now... Sitting down core workout. Hands behind your head fingers locked together, elbows out, touch opposite elbows to knees, bend at your waist, knees up and twist that core and then opposite 5 each side X2 a day or 1 x 10 a day.</p>	<p>23 Ramadan ends Ed-al-Fitr begins</p> <p>Many are all missing social connection at this time. What act of kindness can you do today? Write a friend, wave to a neighbour and ask how they doing, listen. You can do this from 6 feet apart. Often when we do for another, we feel good about ourselves. "You will never regret being kind"</p>
<p>24 Eid-al-Fitr ends</p> <p>Look out your window. What do you see that you have never seen before? Write it down or draw it.</p> <p>"Let nature restore you."</p>	<p>25</p> <p>Try to write a limerick. A 5-line poem. AA, BB, A. The last word in the A lines rhyme and the last word in the B lines. Example: There once was a woman named Molly, She rode around town on a trolley, She tried to be kind, Always kept that in mind, She laughed and was happy and jolly. LOL ☺ Avocado seed & supplies available at RC. 2pm see28th</p>	<p>26</p> <p>Try making your own Crossword or do one. One will be provided on the website as well as a blank to do your own. If you can't print them off, try making a grid on paper yourself. Too much of a challenge? Look up a word you don't know. Write it down with the definition. You have just added a word to your vocabulary, write it in your journal. Way to go!</p>	<p>27</p> <p>Draw the Mona Lisa in your own style. Paint or draw your choice. Have fun with this challenge.</p> 	<p>28 Shavuot begins</p> <p>Grow an avocado plant.</p>  <p>Place 3 toothpicks ½ way up the seed equal distance apart. More pointed side up. Fill a jar with water and set seed in the water ¾ in water. Change water every 2 days. Keep water level to rim on jar. Place it in the sun.</p>	<p>29</p> <p>20 Jumping Jacks</p> <p>Dance it off!</p> <p>Wall push ups</p> <p>Core workout, and next... Sitting 1 leg up make a circle with your toe 1 way X 5 then the other; repeat other leg. Each leg X3. 2 times a day. Sitting eyes closed, feet flat on the floor hands on lap, repeat your mantra out loud or to yourself: "I am okay. I am safe." Breathing deep breaths in/out. You got this!</p>	<p>30 Shavuot ends</p> <p>This is a make-up day. For example: It rained on the day to go for a walk so today you will make that up. Get your journal or piece of paper and review the month. How many activities did you try? Write down what you tried. Go outside at 7pm and bang a pot in support of all the front line workers. Physical distance applies.</p>

MPA Mission Statement

Inspiring hope and supporting recovery for people with mental illness by establishing and operating social, vocational, recreation, advocacy and housing program that support people in their own communities.

Quote for the month of May: "It's not forever. It's just for now." Dr. Bonnie Henry





CITY WALK. "I can see"

- () Mail box**
- () Fire Hydrant**
- () Parking meter**
- () Trash can**
- () Stop sign**
- () Store**
- () Yield sign**
- () Bench**
- () Red car**
- () Bike**
- () Scooter**
- () Delivery truck**
- () Construction**
- () Dog**
- () Tree**