

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



November 2020 Activity Schedule


Breakfast: 10-11am .50 cents
Dinner: 4-5pm \$2.00


Monday-Friday

Open: 10am--5pm

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

Coffee and Snack 2:30pm

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|--|
| <p>1 RC CLOSED We Will Remember.</p> | <p>2 11:30am Work on Blankets for SPCA 2:30pm Make your own Poppy</p> | <p>3 2:30pm Stretching and Exercise Group</p> | <p>4 11:30am Simple Yoga SNACK 2pm today only 2:30pm Celebration of Life for Patti Ellerton Only those in for this event will be let in till after service. Approx. 3:30pm</p> | <p>5 11:30am Women's Group (nails painted) max.2 people Noon Women's group (Facial Masks) max. 2 people Remember to call or sign-up In person 2:30pm Peer to Peer Group (max 2 people to 3pm) 3:00pm Peer to Peer Group (max 2 people to 3:30pm)</p> | <p>6 11:30am Pictionary 2:30pm Bingo (Max. 10 people) Must sign up in person or by phone.</p> | <p>7 RC CLOSED We honour those who have given their lives serving Canadians and helping people of other nations.</p> |
| <p>8 RC CLOSED Forever lost, Forever changed We care, So, we remember.</p> | <p>9 11:30am Rummy Tournament 2:30pm 9 Ball Pool Tournament (max 10 people)</p> | <p>10 1pm Movie "The King's Speech" 2:30pm Stretching and Exercise Group</p> | <p>11  RESOURCE CENTRE CLOSED</p> | <p>12 11:30am Simple Yoga (max 3 people) 2:30pm Create your own journal</p> | <p>13 11:30am Pictionary 2:30pm Bingo (Max. 10 people) Must sign up in person or by phone.</p> | <p>14 RC CLOSED Let us remember war and those we lost so history will not repeat itself.</p> |
| <p>15 RC CLOSED "In war there are no unwounded soldiers" J. Naroskyv</p> | <p>16 11:30am Resource Centre Site Meeting (Call to sign up 10 max.) 2:30pm "Good Stuff Bingo" (Max. 10 players) In person or phone sign-up a must.</p> | <p>17 2:30pm Stretching and Exercise Group</p> | <p>18 Breakfast served 10am-11am Resource Centre Is CLOSED at NOON PWD Cheque issue</p> | <p>19 11:30am Women's Group (nails painted) max.2 people Noon Women's group (Face Masks) max. 2 people Remember to call or sign-up In person 2:30pm Create MPA Photo Collage</p> | <p>20 11:30am Pictionary 2:30pm Bingo (Max. 10 people) Must sign up in person or by phone.</p> | <p>21 RC CLOSED Remembering and honouring all soldiers.</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| <p>22 RC CLOSED</p> <p>“Lest we forget”</p> | <p>23 11:30am Journal writing with Lenore Rowntree 1st of 4 sessions. Max 2 people a session</p> <p>2:30pm Indoor Badminton</p> | <p>24</p> <p>1pm Movie “Aviator”</p> <p>2:30pm Stretching and Exercise group</p> | <p>25 11:30am Work on blankets for the SPCA</p> <p>2:30pm Librarian Visits</p> | <p>26 11:30pm Simple Yoga (max. 3 people)</p> <p>2:30pm RC Scrapbooking Group</p> | <p>27 11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 people) Must sign up in person or by phone.</p> | <p>28 RC CLOSED</p> <p>We will never forget.</p> |
| <p>29 RC CLOSED</p> <p>We honour those who lost their lives working in the factories for the war effort.</p> | <p>30</p> <p>11:30am Journal writing with Lenore Rowntree 2nd of 4 sessions Max 2 people a session</p> <p>Decorate the Resource Centre for Christmas.</p> <p>2:30pm Make Christmas Cards</p> | <p>Please remember, to call or do so in person, to sign up for the programs to ensure your spot as they are limited to 6 people unless otherwise specified. Please be in the Resource Centre at least 5 minutes before the activity starts or your spot will go to someone on the waitlist. For November programs sign up can start on, Monday, October 26th.</p> <p><i>PLEASE NOTE the annual MPA Members Christmas Party at the Croatian Cultural Centre will not be taking place this year. BUT! Stay tuned we have something else in the works.</i></p>  | | | | |

Activities may be subject to change due to weather or staffing.

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 November: “Now my troubles are going to have troubles with me!” Dr. Seuss