



October 2020 Activity Schedule

MPA Resource Centre  
2275 Fir St. @ 7<sup>th</sup> Avenue  
604.482.3712 (staff)



**Monday-Friday**

**Open: 10am to 5pm**




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

**Snack and coffee 2:30pm**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4 RC CLOSED</p> <p>"This is a wonderful day. I have never seen this one before." Maya Angelou</p>	<p>5 11:30am "Gratitude Pillar" created in the Resource Centre Let's get some positive energy in the R.C. "I cried because I had no shoe's, then I met a man with no feet." Ghandi</p> <p>2:30pm Crib Tourney (Max. 6 players)</p>  <p>Resource Centre is closed</p>	<p>6 2:30pm Stretching and Exercise Group</p>	<p>7 11:30 Stretching and Exercise Group</p> <p>2:30pm Librarian Elenore in</p> 	<p>1 11:30am Tennis</p> <p>2:30pm Make a Fall inspired candle holder</p>	<p>2 11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 players. Must call or in person to sign -up)</p>	<p>3 RC IS CLOSED</p> <p>"There are always flowers for those who want to see them" Henri Matisse</p>
<p>11 RC CLOSED</p> <p>"The real gift of gratitude is that the more grateful you are, the more present you become." Robert Holden</p>	<p>12 RC CLOSED</p>	<p>13 2:30pm Stretching and Exercise Group</p>	<p>14 11:30 Stretching and Exercise Group</p> <p>2:30pm 8 Ball Pool Tournament (Max. 10 players. Must call or in person to sign -up)</p>	<p>8 11:30am Celebration of Life for Daniel Easton (Max 12 people)</p> <p>2:30pm Simple Yoga</p>	<p>9 11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 players. Must call or in person to sign -up)</p>	<p>10 RC IS CLOSED</p> <p>"If you are really thankful what do you do? You shine." W. Clement Stone</p>
<p>16 RC CLOSED</p> <p>"When I started to count my blessings, my whole world turned around" Willie Nelson</p>	<p>15 11:30am Tennis</p> <p>2:30pm Decorate the RC for Halloween</p>	<p>14 11:30 Stretching and Exercise Group</p> <p>2:30pm 8 Ball Pool Tournament (Max. 10 players. Must call or in person to sign -up)</p>	<p>15 11:30am Tennis</p> <p>2:30pm Decorate the RC for Halloween</p>	<p>16 11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 players. Must call or in person to sign -up)</p>	<p>17 RC CLOSED</p>	<p>17 RC CLOSED</p>

**Remember to ensure a spot in an activity sign up by phone or in person. Maximum in each program is 6 unless otherwise stated. 😊SIGN UP! Sign up starts September 28<sup>th</sup>.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18 RC CLOSED</p> <p>"Let us rise up and be thankful, for we didn't learn a lot today, at least we learned a little, and if we didn't get sick, and if we got sick, at least we didn't die; so, let us be thankful." Buddha</p>	<p>19 11:30 RC Site Meeting</p> <p>2:15pm "Yum Yum" Bingo (Max. 10 players. <b>Must call or in person to sign -up</b>)</p>	<p>20</p> <p>2:30am Stretching and exercise group</p>	<p>21</p> <p><b>Breakfast served 10am-11am Resource Centre</b></p> <p><b>Is CLOSED at NOON PWD</b></p> <p><b>Cheque issue</b></p>	<p>22</p> <p>11:30am Tennis</p> <p>2:30pm Simple Yoga</p>	<p>23</p> <p>11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 players. <b>Must call or in person to sign -up</b>)</p>	<p>24 RC CLOSED</p> <p>"Gratitude makes sense of the past, brings peace for today, and creates a vision for tomorrow." Melody Beattie</p>
<p>25 RC CLOSED</p> <p>"Let your struggles make you not break you." Anonymous</p>	<p>26 11:30pm Paint a Pumpkin</p>  <p>2:30am Halloween Bingo Prizes to be won! (Max. 10 players. <b>Must call or in person to sign -up</b>)</p>	<p>27</p> <p>2:15pm "Dracula Untold" movie</p> <p>2:30am Stretching and exercise group</p>	<p>28</p> <p>11:30 Stretching and Exercise Group</p> <p>2:30pm Make Halloween door Wreath</p> <p><b>CPP Cheque Issue</b></p>	<p>29</p> <p>11:30am Tennis</p> <p>2:15pm "Beetlejuice" movie</p> <p>2:30pm Simple Yoga</p>	<p>30</p> <p>11:30am Pictionary</p> <p>2:30pm Bingo (Max. 10 players. <b>Must call or in person to sign -up</b>)</p> <p><b>3PM COSTUME CONTEST PRIZES AWARDED</b></p>  <p>Bingo will then resume.</p>	<p>31 RC CLOSED</p> 

Activities may be subject to change due to weather or staff availability.

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 October: "Gratitude can change your attitude."**