

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



September 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 (NO SIGN UPS ON CHEQUE ISSUE DAY) BETWEEN 11AM AND 1PM PLEASE CALL TO SET UP AN APPOINTMENT.

Coffee times: 10 am and 2:30pm

Snack 2:30pm only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2:30pm Stretching and Exercise Group	2 11:30 Stretching and Exercise Group 2:15 David MacIntyre in for pre- AGM talk and vote 2:30pm Ice Cream Sundaes 	3 11:30pm Tennis 2:30pm Paper collage cards	4 Breakfast 10am-11am BBQ DAY 12 to 1pm 1 st sitting  3:30pm-4:30pm 2 nd sitting BBQ To go given at 12:45pm and 4:30pm if available No regular dinner service will be available.	5 RC CLOSED "What we do is a measure of who we are. If we imagine our work as labour, we become labourers. If we imagine our work as art, we become artists." Jeffery Patnaude
6 RC CLOSED "Take rest. A field that has rested gives a bountiful crop" Ovid	7 RC CLOSED FOR  Labour Day	8 2:30pm Stretching and Exercise Group	9 11:30 Stretching and Exercise Group 2:30pm Patio Garden Clean up	10 11:30pm Tennis 2:30pm Create your own journal	11 11:30am Pictionary 2-3pm RC Scrapbooking Group	12 RC CLOSED "Genius is 1% inspiration and 99% perspiration." Thomas Edison
13 RC CLOSED "Without labour nothing prospers." Sophocles	14 11:30 UNO Tournament (Max. 6 members) Must sign up by phone or in person 2:30pm Simple Yoga	15 2:30pm Stretching and Exercise Group	16 11:30pm Stretching and Exercise Group 2:30pm 9 Ball Pool Tournament max 10	17 11:30pm Tennis 2:30pm Make Fall Door Wreath	18 11:30am Pictionary 2:30pm Bingo (Max. 10 people) Must sign up in person or by phone.	19 RC CLOSED "Dare to be honest and fear no labour" Robert Burns

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<p>20 RC CLOSED</p> <p>“Pleasure in the job puts perfection in the work.” Aristotle</p>	<p>21</p> <p>11:30am R.C. Site Meeting</p> <p>2:30pm “Good Stuff Bingo” <i>(Max. 10 players) In person or phone sign-up a must.</i></p>	<p>22</p> <p>2:30pm Stretching and Exercise group</p>	<p>23</p> <p>Breakfast served 10am-11am Resource Centre Is CLOSED at NOON PWD Cheque issue</p>	<p>24</p> <p>11:30pm Tennis</p> <p>2:30am Make a small Fall flower arrangement.</p>	<p>25</p> <p>11:30am Pictionary</p> <p>2:30pm Scrapbooking</p>	<p>26 RC CLOSED</p> <p>“It is labour indeed that puts the difference in everything.” John Locke</p>	
<p>27 RC CLOSED</p> <p>“All labour that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.” Martin Luther King Jr.</p>	<p>28</p> <p>11:30am Work on blankets for the SPCA</p> <p>2:30pm Simple Yoga</p>	<p>29</p> <p>2:30pm Stretching and exercise group</p>	<p>30</p> <p>11:30am Stretching and exercise group</p> <p>2:15pm Seascape Painting</p>	 <p>Please remember, to call or do so in person, sign up for the programs to ensure your spot as they are limited to 5 people unless otherwise specified. For September program sign up can start on August 28th.</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 September: “Now my troubles are going to have troubles with me!” Dr. Seuss