December

COAST MENTAL HEALTH

Open Monday - Sunday - 9am to 4:45pm
1225 Seymour Street, Vancouver, BC
Staff Phone: 604.683.3787
Member's Line: 604.683.3752
Fax: 604.683.3750

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11:00 Tea Talk*
2 9:00 Toasty Sunday **HAPPY HANUKKAH**	3 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*	4 10:30 Art w/ Marcia&Robin 1:00 Community Garden 1:30 Bingo	5 1:00 Walking group 3:30 Yoga*	6 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* **1:00 Candle and Card Making** 2:00 Tai Chi/Mindfulness	7 10:30 Art w/ Mary 10:45 Music Appreciation **1:00 CHRISTMAS LUNCH!!**	8 11:00 Tea Talk*
9 9:00 Toasty Sunday 	10 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*	**11** 10:30 Art w/ Marcia&Robin (11am Art Room: Card Making) 1:00 Community Garden 1:30 Bingo	12 1:00 Walking group 3:30 Yoga*	**13** **10:00 Outing: Bowling** 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* **1:15 Community Kitchen** 2:00 Tai Chi/Mindfulness	14 10:30 Art w/ Mary 10:45 Music Appreciation **2:00 Open Spaces** 	15 11:00 Tea Talk*
16 9:00 Toasty Sunday 1:00 Writing group 	**17** 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*	18 10:30 Art w/ Marcia&Robin (11am Art Room: Card Making) 1:00 Community Garden 1:30 Bingo 	**19** 1:00 Walking group 3:30 Yoga* **Cheque Issue Day!**	20 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* Sorry, RC closed at 2:30pm	**21** 10:30 Art w/ Mary 10:45 Music Appreciation **WINTER SOLSTICE**	22 11:00 Tea Talk*
23 9:00 Toasty Sunday 1:00 Writing group	24 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions* **ANTONS** (varies times)	25 **Christmas Day** **Christmas Brunch** RC open from 10am—12:30pm	**26** Sorry, RC closed for Boxing Day	27 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness	28 10:30 Art w/ Mary 10:45 Music Appreciation	**29** 11:00 Tea Talk* **12:00 Birthday Gala**
30 9:00 Toasty Sunday 1:00 Writing group	31 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*					