





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p> 		<p>1 Sorry, RC Closed for New Years Day</p>	<p>2 1:00 Walking group 3:30 Yoga*</p>	<p>3 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness</p>	<p>4 10:30 Art w/ Mary 10:45 Music Appreciation</p>	<p>5 11:00 Tea Talk*</p>
<p>6 9:00 Toasty Sunday 1:00-Sunday Movie</p>	<p>7 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*</p>	<p>8 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo</p>	<p>9 1:00 Walking group 3:30 Yoga*</p>	<p>10 10:00 Outing: Castle Fun Park 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness</p>	<p>11 10:30 Art w/ Mary 10:45 Music Appreciation 2:00 Open Spaces</p>	<p>12 11:00 Tea Talk*</p>
<p>13 9:00 Toasty Sunday 1:00-Sunday Movie</p> 	<p>14 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*</p>	<p>15 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo</p>	<p>16 12-1:30 Hearing Clinic 1:00 Walking group 3:30 Yoga*</p>	<p>17 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 1:15 Community Kitchen 2:00 Tai Chi/Mindfulness</p>	<p>18 10:30 Art w/ Mary 10:45 Music Appreciation</p> 	<p>19 11:00 Tea Talk*</p>
<p>20 9:00 Toasty Sunday 1:00 Sunday Movie</p> 	<p>21 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*</p>	<p>22 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo</p>	<p>23 1:00 Walking group 3:30 Yoga*</p> <p>Cheque Issue Day!</p>	<p>24 10:00 Outing: Brackendale Eagle Watch 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness</p>	<p>25 10:30 Art w/ Mary 10:45 Music Appreciation</p>	<p>26 11:00 Tea Talk*</p>
<p>27 9:00 Toasty Sunday 1:00 –Sunday Movie</p>	<p>28 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*</p>	<p>29 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo</p>	<p>30 1:00 Walking group 3:30 Yoga*</p>	<p>31 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness</p>		

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