
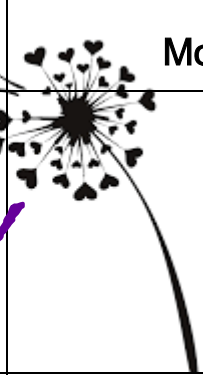















Sun	Mon	Tue	Wed	Thu	Fri	Sat
  	<p>Open Monday - Sunday - 9am to 4:45pm  1225 Seymour Street, Vancouver, BC  Staff Phone: 604.683.3787  Member's Line: 604.683.3752</p> <p><b>Coast Mental Health Resource Centre</b></p>	<p><b>1</b>  1:00 Walking group  <b>PROM-Ask Staff</b></p>	<p><b>2</b>  10:00 Outing: -Tulip Gardens  10:30 Art w/ Lorne  1:00 Healthy Lifestyle Support Group*  2:00 Tai Chi/Mindfulness  <b>PROM-Ask Staff</b></p>	<p><b>3</b>  10:30 Chair Yoga-On Hold  10:30 Art W/Mary  1:00 Budget group  <b>PROM-Ask Staff</b></p> 	<p><b>4</b>  11:00 Tea Talk*  <b>PROM-Ask Staff</b></p>	
<p><b>5</b>  9:00 Toasty Sunday  1.00-Sunday Movie  <b>PROM-Ask Staff</b></p> 	<p><b>6</b>  10 -12 Acupuncture  10:30 Art w/ Beryl&amp;Cheryl  1:00 Recovery Directions*</p> 	<p><b>7</b>  10:30 Art w/Marcia&amp;Robin  1:00 Community Garden  1:30 Bingo</p> 	<p><b>8</b>  1:00 Walking group</p> 	<p><b>9</b>  10:30 Art w/ Lorne  1:00 Healthy Lifestyle Support Group*  2:00 Tai Chi/Mindfulness</p>	<p><b>10</b>  <b>2:00 Open Spaces</b>  10:30 Chair Yoga-On Hold  10:30 Art W/Mary  1:00 Budget group  2:00 Writing Group</p>	<p><b>11</b>  11:00 Tea Talk</p> 
<p><b>12</b>  9:00 Toasty Sunday  1.00-Sunday Movie</p>	<p><b>13</b>  10 -12 Acupuncture  10:30 Art w/ Beryl&amp;Cheryl  1:00 Recovery Directions*</p>	<p><b>14</b>  10:30 Art w/Marcia&amp;Robin  1:00 Community Garden  1:30 Bingo  2-3 Women's Group</p>	<p><b>15</b>  1:00 Walking group</p> 	<p><b>16</b> 10:00 Outing- TBA  10:30 Art w/ Lorne  1:00 Healthy Lifestyle Support Group*</p> <p><b>RC Closes @ 2:30 pm</b></p>	<p><b>17</b>  10:30 Chair Yoga-On Hold  10:30 Art W/Mary  1:00 Budget group  2:00 Writing Group</p>	<p><b>18</b>  11:00 Tea Talk*</p>
<p><b>19</b>  9:00 Toasty Sunday  1:00 Sunday Movie  </p>	<p><b>20</b>  Sorry, RC Closed for Victoria Day</p>	<p><b>21</b>  10:30 Art w/Marcia&amp;Robin  1:00 Community Garden  1:30 Bingo</p> 	<p><b>22</b>  1:00 Walking group  <b>Cheque Issue Date</b></p>	<p><b>23</b>  10:30 Art w/ Lorne  1:00 Healthy Lifestyle Support  2:00 Tai Chi/Mindfulness</p> <p>10.00</p> 	<p><b>24</b>  10:30 Chair Yoga-On Hold  10:30 Art W/Mary  1:00 Budget group  2:00 Writing Group</p>	<p><b>25</b>  11:00 Tea Talk*  12.00 Birthday Gala</p> 
<p><b>26</b>  9:00 Toasty Sunday  1:00 -Sunday Movie</p> 	<p><b>27</b>  10 -12 Acupuncture  10:30 Art w/ Beryl&amp;Cheryl  1:00 Recovery Directions*</p>	<p><b>28</b>  10:30 Art w/Marcia&amp;Robin  1:00 Community Garden  1:30 Bingo</p>	<p><b>29</b>  1:00 Walking group  <b>CPP &amp; OAS Issue Date</b></p>	<p><b>30</b>  10:30 Art w/ Lorne  1:00 Healthy Lifestyle Support  2:00 Tai Chi/Mindfulness  <b>Volunteer Dinner</b></p>	<p><b>31</b>  10:30 Chair Yoga-On Hold  10:30 Art W/Mary  1:00 Budget group  2:00 Writing Group</p>	