

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo PROM-Connect with RC Staff	2 1:00 Walking group PROM-Connect with RC Staff	3 Outing-TBA 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai-Chi PROM-Connect with RC Staff 	4 10:30 Art W/Mary 1:00 Recovery Directions* PROM-Connect with RC Staff GST Cheque	5 10:45 Tea Talk* PROM-Connect with RC Staff
6 9:00 Toasty Sunday	7 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl	8 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo	9 Sorry, RC closed for the day!	10 10:30 Art w/ Lorne & Rae 12:30 Thanksgiving Lunch 2:00 Tai Chi	11 10:30 Art W/Mary 1:00 Recovery Directions*	12 10:45 Tea Talk* 12:00 Women's Group-Join us for Lunch
13 9:00 Toasty Sunday 	14 Sorry, RC closed for Thanksgiving	15 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo 	16 9:30 Special Hot Breakfast 1:00 Walking group 	17 Outing-TBA 10:30 Art w/ Lorne & Rae 10:30 Blood pressure clinic 1:00 Healthy Lifestyle Support Group* 2:00 Tai-Chi 1:15 Community Kitchen	18 10:30 Art W/Mary 1:00 Recovery Directions* 3:00 Diwali Celebrations 	19 10:45 Tea Talk*
20 9:00 Toasty Sunday	21 22 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1-3 Flu Clinic Canadian Federal Elections	22 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:00 Medicine wheel 2:00 Bingo	23 1:00 Walking group 1:00 Open Spaces Cheque : IA & PWD 	24 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi Autumn Coffee House	25 10:30 Art W/Mary 1:00 Recovery Directions*	26 10:45 Tea Talk* 12:00 Birthday Gala 
27 9:00 Toasty Sunday	28 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl Cheque: CPP & OAS	29 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:00 Medicine wheel 2:00 Bingo CPP/OAS	30 1:00 Walking group	31 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi Happy Halloween! 	Coast Mental Health Resource Centre 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	