

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Toasty Sunday PROM-Connect with RC Staff	2 RC CLOSED FOR LABOUR DAY	3 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo PROM-Connect with RC Staff	4 1:00 Walking group PROM-Connect with RC Staff	5 	6 10:30 Art W/Mary 1:00 Recovery Directions* PROM-Connect with RC Staff	7 10:45 Tea Talk* PROM-Connect with RC Staff
8 9:00 Toasty Sunday	9 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl	10 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo	11 9:30 Special Hot Breakfast 1:00 Walking group 	12 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi-Cancelled 	13 10:30 Art W/Mary 1:00 Recovery Directions*	14 10:45 Tea Talk*
15 9:00 Toasty Sunday 	16 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl	17 10:30 Art w/Marcia&Robin 1:00 Community Garden 2:00 Bingo 	18 12:00 Women's Group-Join us for Lunch 1:00 Walking group 1:15 Community Kitchen	19 10:00 Outing-Movies 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai-Chi	20 10:30 Art W/Mary 1:00 Open Spaces 	21 10:45 Tea Talk*
22 9:00 Toasty Sunday	23 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl	24 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:00 Medicine wheel 2:00 Bingo	25 1:00 Walking group Cheque : IA & PWD 	26 10:30 Art w/ Lorne & Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi CPP/OAS	27 10:30 Art W/Mary 1:00 Recovery Directions*	28 10:45 Tea Talk* 12:00 Birthday Gala 
29 9:00 Toasty Sunday	30 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl	<h1>September</h1>			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	