

		Tue	Wed	Thu	Fri	Sat
<p>1 9:00 Toasty Sunday 1:00 Life Skills Group</p> 	<p>2 10 -12 Acupuncture 10:30 Art w/ Beryl&amp;Cheryl</p>	<p>3 10:30 Art w/Marcia&amp;Robin 1:00 Community Garden 2:00 Bingo</p> 	<p>4 1:00 Walking group 11:00 Members meeting</p>	<p>5 Outing: Bowling 10:30 Art w/ Lorne &amp; Rae 2:00 Tai Chi</p> 	<p>6 10:30 Art W/Mary 1:00 Art class + Publishing Press w/ Czarinna &amp; Jerry</p>	<p>7 10:45 Tea Talk*</p>
<p>8 9:00 Toasty Sunday 1:00 Life Skills Group</p>	<p>9 10 -12 Acupuncture 10:30 Art w/ Beryl&amp;Cheryl</p>	<p>10 10:30 Art w/Marcia&amp;Robin 1:00 Community Garden 2:00 Bingo 4-6.30 Coffee house</p>	<p>11 1:00 Walking group 1:15 Community Kitchen</p>	<p>12 10:30 Art w/ Lorne &amp; Rae 2:00 Tai Chi</p>	<p>13 10:30 Art W/Mary 1:00 Art class + Publishing Press w/ Czarinna &amp; Jerry HIV &amp; Hep C Testing</p>	<p>14 10:45 Tea Talk*</p>
<p>15 9:00 Toasty Sunday 1:00-Life Skills Group</p> 	<p>16 10 -12 Acupuncture 10:30 Art w/ Beryl&amp;Cheryl</p>	<p>17 ST.Patricks Day 9:30 Hot breakfast 10:30 Art w/Marcia&amp;Robin 1:00 Community Garden 2:00 Bingo</p> 	<p>18 1:00 Walking group 12:00 Women's Group-Outing</p>	<p>19 Outing:-Gardening Group 10:30 Art w/ Lorne &amp; Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai-Chi</p>	<p>20 10:30 Art W/Mary 1:00 Art class + Publishing Press w/ Czarinna &amp; Jerry</p>	<p>21 10:45 Tea Talk* 1-3 Art with Sam</p> 
<p>22 9:00 Toasty Sunday 1:00 Life Skills Group</p>	<p>23 10 -12 Acupuncture 10:30 Art w/ Beryl&amp;Cheryl</p>	<p>24 10:30 Art w/Marcia&amp;Robin 1:00 Community Garden 2:00 Bingo</p>	<p>25 1:00 Walking group  Cheque : IA &amp; PWD</p>	<p>26 10:30 Art w/ Lorne &amp; Rae 1:00 Healthy Lifestyle Support Group* 2:00 Tai-Chi</p>	<p>27 10:30 Art W/Mary 1:00 Art class + Publishing Press w/ Czarinna &amp; Jerry  Cheque-CPP &amp; OAS</p>	<p>28 10:45 Tea Talk* 12:00 Birthday Gala</p> 
<p>29 9:00 Toasty Sunday 1:00 Life Skills Group</p>	<p>30 10 -12 Acupuncture 10:30 Art w/ Beryl&amp;Cheryl</p>	<p>31 10:30 Art w/Marcia&amp;Robin 1:00 Community Garden 1:00 Medicine Wheel 2:00 Bingo</p>				<p><b>Coast Mental Health Resource Centre</b> 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>