












November 2021

Coast Mental Health Resource Centre

Open Tuesday - Saturday
 9 am - 1pm & 2:30pm - 4pm
 Main line: 604-683-3787
 RC Staff cell: 604-603-9151

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Sign up for laundry: Tues—Sat 9 am & 2:15 pm Breakfast: \$1 Tues—Sat 9 am —10 am Lunch served indoors or to go: \$2 Tues—Sat 12 pm -1 pm</p>						
	1	2	3	4	5	6
RC closed	RC closed	10—12 Art with Marcia and Robin 2:30 pm Art Group 2:30 BINGO	10am bus trip  2:30 pm Games 2:30pm Music appreciation 2:30 pm Walking Group	2:30pm Games 2:30pm Guitar lessons	9:45 -11:15 Acupuncture* 10 am—12 pm Cycling Clinic 2:30pm Crafts and Games	2:30 pm Games 2:30pm Art Group 
7	8	9	10	11	12	13
RC closed	RC closed	9:45 -11:15 Acupuncture* 10-12 Art with Marcia and Robin 2:30 pm Art group 2:30 pm BINGO	 2:30 pm Games 2:30 pm Music appreciation 2:30 pm Walking Group	 REMEMBRANCE DAY 2:30pm Games 2:30pm Guitar lessons	10 am—12 pm Cycling Clinic 2:30pm Crafts and Games	2:30pm Games 2:30 pm Art Group
14	15	16	17	18	19	20
RC closed	RC closed	10 -12 Art with Marcia and Robin 2:30 Art Group 2:30 BINGO	10am bus trip  2:30pm Games 2:30pm Music appreciation 2:30 pm Walking Group	2:30 pm Games 2:30pm Guitar lessons	9:45 -11:15 Acupuncture* 10 am—12 pm Cycling Clinic 2:30pm Crafts and Games	2:30pm Games 2:30 pm Art Group 
21	22	23	24	25	26	27
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28	29	30	*Acupuncture is held in boardroom upstairs			
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