

# December



**Coast Mental Health  
Resource Centre  
1225 Seymour Street**

**Open Tuesday - Saturday  
8:30am - 4:30pm  
Main line: 604-683-3787  
RC Staff cell: 604-603-9151  
Fax: 604.683.3750**

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p><b>CLOSED</b></p>	<p>2</p> <p><b>CLOSED</b></p>	<p>3</p> <p>10:00-12:00 Art w/h Marcia &amp; Robin 1:30 BINGO</p>	<p>4</p> <p><b>Museum of North Vancouver Outing</b></p>	<p>5</p> <p>10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo</p>	<p>6</p> <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke</p>	<p>7</p> <p>1:00-3:00 Soundbath Meditation</p>
<p>8</p> <p><b>CLOSED</b></p>	<p>9</p> <p><b>CLOSED</b></p>	<p>10</p> <p>10:00-12:00 Art w/h Marcia &amp; Robin 1:30 BINGO</p>	<p>11</p> <p><b>CLOSING EARLY AT 2:30PM</b></p>	<p>12</p> <p>10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 3:00-4:00 Social Assistance Workshop (Boardroom)</p>	<p>13</p> <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke 10:30-12:30 UBC Workshop</p>	<p>14</p> <p>1:00-3:00 Soundbath Meditation</p>
<p>15</p> <p><b>CLOSED</b></p>	<p>16</p> <p><b>CLOSED</b></p>	<p>17</p> <p>10:00-12:00 Art w/h Marcia &amp; Robin 1:30 BINGO</p>	<p>18</p> <p>3:00 Members Meeting <b>Lafarge Lake Lights Outing</b></p>	<p>19</p> <p>10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo</p>	<p>20</p> <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke <b>Christmas Dinner</b></p>	<p>21</p> <p>1:00-3:00 Soundbath Meditation</p>
<p>22</p> <p><b>CLOSED</b></p>	<p>23</p> <p><b>CLOSED</b></p>	<p>24</p> <p>10:00-12:00 Art w/h Marcia &amp; Robin 1:30 BINGO <b>CLOSING EARLY AT 3PM</b></p>	<p>25</p> <p><b>CLOSING EARLY AT 2PM</b></p>	<p>26</p> <p><b>CLOSED</b></p>	<p>27</p> <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke</p>	<p>28</p> <p>1:00-3:00 Soundbath Meditation</p>
<p>29</p> <p><b>CLOSED</b></p>	<p>30</p> <p><b>CLOSED</b></p>	<p>31</p> <p>10:00-12:00 Art w/h Marcia &amp; Robin 1:30 BINGO</p>	<p>1</p> <p><b>CLOSED</b></p>			