

Jan 2023

Coast Mental Health Resource Centre
1225 Seymour Street

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

SUN MON TUE WED THU FRI SAT



Sign up for laundry: Tues—Sat 9 am, 11:30 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 **Snack** 2:30—3:30

1	2	3 10-12 Art with Marcia & Robin 10am Games 1pm Art Group 1:30 BINGO	4 10:30 Field Trip 2pm Music Appreciation	5 10am Games 10:30 Healthy Lifestyles 11am Garden Group 2pm Guitar Lessons	6 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1pm Pottery 2-4pm Karaoke	7 10am Games 2:30 Art Group
8 RC closed	9 RC closed	10 10-12 Art with Marcia & Robin 10am Games 1pm Art Group 1:30 BINGO	11 2pm Music Appreciation 	12 10am Games 10:30 Healthy Lifestyles 11am Garden Group 1pm Art Group	13 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1pm Pottery 2-4pm Karaoke	14 10am Games 2:30pm Art Group
15 RC closed	16 RC closed	17 10-12 Art with Marcia & Robin 10am Games 1pm Art Group 1:30 BINGO	18 10:30 Field Trip 1:15 Members Meeting 2pm Music Appreciation	19 10am Games 10:30 Healthy Lifestyles 11am Garden Group 2pm Guitar Lessons 	20 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1pm Pottery 2-4pm Karaoke	21 10am Games 2:30pm Art Group
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