

Nov 2022

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

RC closed	RC closed	1 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 BINGO	2  2pm Music Appreciation	3 10am Games 10:30 Healthy Lifestyles 11 am Garden Group 2pm Guitar Lessons	4 9:45-11:15 Acupuncture* 10-12 Art with Shauna and Mary 1pm Art Group 2-4pm Karaoke 	5 10am Games  10:30 Tea Talk 2:30 Art Group
6 RC closed	7 RC closed	8 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group	9 1:15 Members Meeting 2pm Music Appreciation	10 10am Games 10:30 Healthy Lifestyles 11 am Garden Group 2pm Guitar Lessons	11 Remembrance Day  9:45-11:15 Acupuncture* 10-12 Art with Shauna and Mary 1pm Art Group 2pm Karaoke	12 10am Games 10:30 Tea Talk 2:30pm Art Group
13 RC closed	14 RC closed	15 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 BINGO	16 2pm Music Appreciation 	17 10am Games 10:30 Healthy Lifestyles 11 am Garden Group 2pm Guitar Lessons 	18 9:45-11:15 Acupuncture* 10-12 Art with Shauna and Mary 1pm Art Group 2-4pm Karaoke*	19 10am Games 10:30 Tea Talk 2:30pm Art Group
20 RC closed	21 RC closed	22 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 BINGO 	23 2pm Music Appreciation	24 10am Games 10:30 Healthy Lifestyles 11am Garden Group RC CLOSING EARLY AT 2PM TODAY	25 9:45-11:15 Acupuncture* 10-12 with Shauna & Mary 1pm Art Group 2-4pm Karaoke*	26 10am Games 10:30 Tea Talk 2:30pm Art Group
27 RC closed	28 RC closed	29 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 BINGO	30 2pm Music Appreciation			*Karaoke and Acupuncture held upstairs in boardroom