






December



Coast Mental Health Resource Centre

Open Monday - Sunday - 9:00am to 4:45pm
 1225 Seymour Street, Vancouver, BC
 Staff Phone: 604.683.3787
 Member's Line: 604.683.3752
 Fax: 604.683.3750

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:45 Music Appreciation 1:00 Art w/ Liz	2 10:45 Tea Talk* 2:00 Laughing Yoga
3 9:00 Toasty Sunday	4 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Crib Games 1:00 Nurses to 2:30pm	5 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo	6 10:30 Art w/ Caroline 1:00 Upstairs Games 1:00 Explore Recovery* 3:30 Yoga*	7 10:30 Art w/ Jutta 1:00 Healthy Lifestyle Support Group* 2:00 Tai Chi/Mindfulness	8 10:45 Music Appreciation 1:00 Art w/ Liz 2:30 Open Spaces	9 10:45 Tea Talk* 2:00 Laughing Yoga
10 9:00 Toasty Sunday 	11 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Crib Games 	12 10:30 Art w/ Marcia&Robin 1:00 Community Garden 1:30 Bingo Winter Ball Coffee House @ 4pm !!!	13 10:30 Art w/ Caroline 1:00 Upstairs Games 1:00 Explore Recovery* Sorry, RC closed at 2pm	14 10:30 Art w/ Jeanna 1:00 Healthy Lifestyle Support Group* 1:00 Shuffleboard Competition	15 10:45 Music Appreciation 1:00 Art w/ Liz 	16 10:45 Tea Talk* 2:00 Laughing Yoga
17 9:00 Toasty Sunday 	18 10—12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Crib Games 	19 10:30 Art w/ Marcia&Robin 1:00 Community Garden 1:30 Bingo	20 10:30 Art w/ Caroline 1:00 Upstairs Games 1:00 Explore Recovery* 3:30 Yoga* Cheque Issue Day!	21 10:30 Art w/ Jeanna 1:00 Healthy Lifestyle Support Group*	22 10:45 Music Appreciation 1:00 Art w/ Liz	23 10:45 Tea Talk* 2:00 Laughing Yoga
24 9:00 Toasty Sunday 31 9:00 Toasty Sunday	25 Christmas Day Christmas Brunch RC open from 10am—12:30pm	26 Sorry, RC closed for Boxing Day	27 10:30 Art w/ Caroline 1:00 Upstairs Games 1:00 Explore Recovery* 3:30 Yoga*	28 10:30 Art w/ Jeanne& Jutta 1:00 Healthy Lifestyle Support Group*	29 10:45 Music Appreciation 1:00 Art w/ Liz	30 10:45 TeaTalk* 12:00 Birthday Gala! 2:00 Laughing Yoga 