





Edmonds Site Calendar

April 2018 ECHO Program

Room 109-7355 Canada Way, Burnaby, BC V3N 4Z6 Phone: 604-526-9606 Fax: 604-526-7097



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday or Sunday
10 - 4	CLOSED	10 - 4	10 - 4	Community Location	Community
2 Site Closed Stat Holiday Easter Monday 	3 11-4 MAC 1 - 4 WRAP**	4 11 Yogurt parfait social! 50¢ 11 Beginner's computers 11:30 ECHO orientation 1:30 Creative Writing 3:30 Tranquil Time	5 10 Meal Prep 12 Toonie Lunch *Chicken burgers & Caesar salad* 1:15 Member's Meeting *All members encouraged to attend; treats! 2:15 Easter Egg Decorating, just for fun! 3:30 Tranquil Time	6 11-4 MAC 1 - 4 WRAP**	7 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY* MAC Show at 100 Braid Street Station! 10:00-5:00 - Galaxy theme! FREE!
9 11:00 Cooking For ECHO 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 4:15 Nifty Fifty (50+) Lounge	10 11-4 MAC 1 - 4 WRAP**	11 *11am Opening* 10:00-11:00 Tidy Time - only those cleaning may attend. Free brunch: French toast 11 Beginner's computers 11:30 ECHO orientation 1:30 Me, Myself & You: Being Mentally Strong 3:30 Tranquil Time	12 10 Meal Prep 12 Toonie Lunch *Cobb salad & cheddar biscuits* 1:30 Improv! 1:30 Actively Artistic 3:30 Tranquil Time	13 11-4 MAC 1 - 4 WRAP**	
16 11:30 Volunteer Appreciation Ceremony 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 Vocational Lounge	17 11-4 MAC 1 - 4 WRAP**	18 11 Beginner's computers 11:30 ECHO orientation 1:30 Feeding Your Spirit: The Light Returning 3:30 Tranquil Time 4:30 Ambassador meeting	19 10 Meal Prep 12 Toonie Lunch *Homemade lasagna* 1:30 Kristina's Work Korner: Getting your resume ready! 3:30 Tranquil Time	20 11 - 4 MAC 1 - 4 WRAP** 4:30-6:30 Bowling @ Revs (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm.	21 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY*
23 10:30 - 3:15 Wake Up Your Wellness! <div style="border: 1px solid red; padding: 5px; display: inline-block;">No drop-in!</div>	24 9:30 - 12:30 MAC 1 - 4 WRAP** 1 - 4 Leadership Circle	25 10:30 - 3:15 Wake Up Your Wellness! <div style="border: 1px solid red; padding: 5px; display: inline-block;">No drop-in!</div>	26 10:30 - 3:15 Wake Up Your Wellness! <div style="border: 1px solid red; padding: 5px; display: inline-block;">No drop-in!</div>	27 11 - 4 MAC 5 - 8 Movie & Pool Tournament Night @ Edmonds	
30 11:00 Cooking For ECHO 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	<p>From April 16 - 20th we want to say THANK YOU to all our awesome member volunteers. In addition to our 'Volunteer Appreciation Ceremony' we are offering...</p> <p>FREE COFFEE ALL WEEK & FREE TOONIE LUNCH</p> <p style="text-align: right;">1 - 4 WRAP**</p> <p style="text-align: center;">Closed group. Let staff know if you would like to go on the Waitlist!</p>				