





# Edmonds Site Calendar

## February 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
<p><b>Come hang out on Valentine's Day between 1:00 – 4:00 as we alternate between DANCING and KARAOKE throughout the afternoon. It will be LOTS of fun!</b></p>			<p>1 10 Meal Prep 12 Toonie Lunch *Meatloaf &amp; mashed sweet potatoes* 1:15 <b>Member's Meeting</b> *All members encouraged to attend; treats! 3:30 Tranquil Time</p>	<p>2 11-4 MAC</p>	<p>3 - <b>Mood Disorders Group</b> 10:30 – 12:30 *TOMMY DOUGLAS LIBRARY*</p>
<p>5 11:00 <b>Cooking For ECHO</b> 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 4:15 <b>Nifty Fifty (50+) Lounge</b></p>	<p>6 11-4 MAC</p>	<p>7 11 <b>Creative Writing</b> 11 Beginner's computers 11:30 ECHO orientation 1:30 <b>Armchair Travel to Hong Kong with Gloria!</b> 3:30 Tranquil Time</p>	<p>8 10 Meal Prep 12 Toonie Lunch *Tacos &amp; tater tots* 1:30 Actively Artistic 1:30 <b>Improv!</b> 3:30 Tranquil Time</p>	<p>9 11-4 MAC  5:00 – 8:00 <b>Board Game Night!</b></p>	
<p>12 <b>Site Closed Stat Holiday Family Day!</b></p>	<p>13 11-4 MAC</p>	<p>14 <b>Happy Valentine's!</b>  10:30 <b>Cookie decorating!</b> 1:00 – 4:00 <b>Dance through the Decades AND Karaoke</b></p> 	<p>15 10 Meal Prep 12 Toonie Lunch *Chinese Stir-fry* 1:30 <b>Art Attack!</b> 3:30 Tranquil Time</p>	<p>16 11-4 MAC  4:30-6:30 Bowling @ Revs (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm.</p>	<p>17 - <b>Mood Disorders Group</b> 10:30 – 12:30 *TOMMY DOUGLAS LIBRARY*</p>
<p>19 11:30 <b>Me, Myself &amp; You: How to Accept Compliments</b> 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 <b>Vocational Lounge</b></p>	<p>20 11-4 MAC</p>	<p>21 11 Beginner's computers 11:30 ECHO orientation 1:30 <b>Feeding Your Spirit: Drum Circle with guest, Jan Rennie!</b> 3:30 Tranquil Time 4:30 <b>Ambassador meeting</b></p>	<p>22 <b>*Drop-in Social*</b> 10:00 – 4:00  Drop by for a cup of coffee, pick out a board game, play some cards or pool!  12:00 <b>Lunar New Year Celebration!</b> 1:30 Actively Artistic</p>	<p>23 11 - 4 MAC  5 - 8 Movie &amp; Pool Tournament Night @ Edmonds</p>	
<p>26 11:00 <b>Cooking For ECHO</b> 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time</p>	<p>27 9:30 – 12:30 MAC  1 – 4 Leadership Circle</p>	<p>28 <b>*Early Closure @ 2:00*</b>  11 Beginner's computers 11 <b>Yogurt Parfait social! 50¢</b> 11:30 ECHO orientation 12:30 <b>Kristina's Work Korner: What are my skills?</b></p>	 <p><b>Join us for our Lunar New Year Celebration! We will discover a bit more about the holiday and what 2018 will bring!</b></p>		



Is it snowing? Not sure if ECHO is open?  
**First:** Call Edmonds 604-526-9606 to hear the voicemail update by 9:30am  
 If it's not updated call the vocational cell at 778-991-3637.

