



# Edmonds Site Calendar

## June 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>For those who have not heard, our outdoor enthusiast and nutrition Queen, Meredith Charbonneau will be leaving her position at ECHO and pursuing her Masters degree in occupational therapy at UBC! Her last day at ECHO will be June 22<sup>nd</sup> but we will be celebrating with a Goodbye Garden Party on June 8<sup>th</sup>! Come on out(doors) and celebrate with us!</p>				<p>1 11-4 MAC</p>	<p>2 - <b>Mood Disorders Group</b> 1:30 – 3:30 *TOMMY DOUGLAS LIBRARY* Time change this week</p>
<p>4 12:45 Walking group 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time</p>	<p>5 11-4 MAC</p>	<p>6 11 Popsicle social! 50¢ 11 Beginner's computers 11:30 ECHO orientation 1:30 O.T. Students present: <b>Conversation &amp; Listening Skills</b> 3:30 Tranquil Time</p>	<p>7 10 Meal Prep 12 Toonie Lunch *Hot dogs &amp; chips* 1:15 Member's Meeting *All members encouraged to attend; treats! 3:30 Tranquil Time 4:15 <b>Let's Cook!</b></p>	<p>8 11-4 MAC  5:00 – 8:00 <b>Meredith's Goodbye Garden Party!</b> *Outdoors, wear layers!</p>	
<p>11 11:00 <b>Cooking For ECHO</b> 12:45 Walking group 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 4:15 <b>Nifty Fifty (50+) Lounge</b></p>	<p>12 11-4 MAC</p>	<p>13 <b>*11am Opening*</b>  10:00-11:00 Tidy Time – <i>only those cleaning may attend.</i> <b>Free brunch: Breakfast tacos</b> 11 Beginner's computers 11:30 ECHO orientation 1:30 <b>Creative Writing</b> 3:30 Tranquil Time</p>	<p>14 10 Meal Prep 12 Toonie Lunch *Pasta salad &amp; corn-on-the-cob* 1:30 Actively Artistic 1:30 <b>Improv!</b> 3:30 Tranquil Time 4:15 <b>Let's Cook!</b></p>	<p>15 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>16 - <b>Mood Disorders Group</b> 10:30 – 12:30 *TOMMY DOUGLAS LIBRARY*</p>
<p>18 12:45 Walking group 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 <b>Vocational Lounge</b></p>	<p>19 11-4 MAC</p>	<p>20 11 Beginner's computers 11 Popsicle social! 50¢ 11:30 ECHO orientation 1:30 <b>Kristina's Work Korner: Applying for jobs - Applications and cover letters</b> 3:30 Tranquil Time 4:15 <b>Ambassador Meeting</b></p>	<p>21 10 Meal Prep 12 Toonie Lunch *BLTs and green salad* 1:30 <b>Art Attack: Creating Clay Models with Shirley (Pt. 1)</b> 3:30 Tranquil Time 4:15 <b>Let's Cook!</b></p>	<p>22 11 - 4 MAC  5 – 8 Movie &amp; Pool Tournament Night @ Edmonds</p>	<p>Sunday June 24<sup>th</sup> – <b>CMHA's Ride Don't Hide</b></p>
<p>25 12:45 Walking group 11:00 <b>Cooking For ECHO</b> 1:30 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time</p>	<p>26 <b>Site Closed for Staff Training</b>  1 – 4 <b>Leadership Circle at GILMORE</b></p>	<p>27 11 Beginner's computers 11:30 ECHO orientation 1:30 <b>Foundations of Exercise: Balance, Flexibility, Strength &amp; Endurance</b> 3:30 Tranquil Time</p>	<p>28 <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!  1:30 Actively Artistic 4:15 <b>Let's Cook!</b></p>	<p>29 11 - 4 MAC  5:00 – 8:00 <b>Board Game Night!</b></p>	