




# Edmonds Site Calendar

## August 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
		<b>1</b> <b>11 Popsicle social 50¢</b> <b>11 Beginner's computers</b> <b>11:30 ECHO orientation</b> <b>1:30 Aromatherapy with Sylvia!</b> <b>3:30 Tranquil Time</b>	<b>2</b> <b>10 Meal Prep</b> <b>10:45 Outdoor Games</b> <b>12 Toonie Lunch *BLTs and chips*</b> <b>1:30 ECHO plays Pictionary</b> <b>3:30 Tranquil Time</b>	<b>3</b> <b>11-4 MAC</b>	<b>4 - Mood Disorders Group</b> <b>10:30 - 12:30</b> <b>*TOMMY DOUGLAS LIBRARY*</b>
<b>6</b> <b>Closed Stat Holiday</b> 	<b>7</b> <b>11-4 MAC</b>	<b>8 *11am Opening*</b> <b>10:00-11:00 Tidy Time – only those cleaning may attend. Free brunch: sausages &amp; eggs</b> <b>11 Beginner's computers</b> <b>11:30 ECHO orientation</b> <b>1:30 Creative Writing</b> <b>3:30 Tranquil Time</b>	<b>9</b> <b>10 Meal Prep</b> <b>10:45 Outdoor Games</b> <b>12 Toonie Lunch *Chef salad*</b> <b>1:15 Member's Meeting *All members encouraged to attend; treats!</b> <b>2:00 Actively Artistic</b> <b>3:30 Tranquil Time</b>	<b>10</b> <b>11-4 MAC</b> <b>CMHA 's Annual BBQ Central Park – Picnic Area #1</b> <b>12:30 – 2:30</b>	
<b>13</b> <b>11:00 Cooking For ECHO</b> <b>1:00 Bingo</b> <b>2:30 ECHO Orientation</b> <b>3:30 Tranquil Time</b> <b>4:15 Nifty Fifty (50+) Lounge</b>	<b>14</b> <b>11-4 MAC</b>	<b>15</b> <b>11 Beginner's computers</b> <b>11 Popsicle social 50¢</b> <b>11:30 ECHO orientation</b> <b>1:30 Brain &amp; Body – Move Towards Better Mental Health: Presented by Force Couple Kingdom</b> <b>3:30 Tranquil Time</b> <b>4:30 Ambassador meeting</b>	<b>16</b> <b>10 Meal Prep</b> <b>10:45 Outdoor Games</b> <b>12 Toonie Lunch</b> <b>*Spanakopita &amp; Greek salad*</b> <b>1:30 Improv!</b> <b>3:30 Tranquil Time</b>	<b>17</b> <b>11 - 4 MAC</b> <b>4:30-6:30 Bowling @ Revs (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm.</b>	<b>18 - Mood Disorders Group</b> <b>10:30 – 12:30</b> <b>*TOMMY DOUGLAS LIBRARY*</b>
<b>20</b> <b>1:00 Bingo</b> <b>2:30 ECHO Orientation</b> <b>3:30 Tranquil Time</b> <b>5:30 Vocational Lounge</b>	<b>21</b> <b>11-4 MAC</b>	<b>22</b> <b>11 Beginner's computers</b> <b>11:30 ECHO orientation</b> <b>1:30 Art Attack: Creating Clay Models with Shirley (Pt. 3)</b> <b>3:30 Tranquil Time</b>	<b>23 *At Deer Lake all day*</b> <b>Toonie Lunch Picnic at DEER LAKE PARK</b> <b>*Kayaking!</b> <b>*Toonie Lunch! (at noon)</b> <b>*Outdoor games!</b> <b>*Nature walk</b> <b>If it rains, we will be 10 – 4 at Edmonds!</b>	<b>24</b> <b>11 - 4 MAC</b> <b>STAND UP FOR MENTAL HEALTH COMEDY SHOW 5-8pm At Edmonds</b> <b>*\$4, sign-up with staff</b>	<b>25</b> <b>Community Outing</b> <b>New West Quay + Pier Park for ice-cream!</b> <b>*Sign-up on Edmonds freezer</b> <b>*Meet at NW Station in front Tim Horton's 1:00</b>
<b>27</b> <b>11:00 Cooking For ECHO</b> <b>1:00 Bingo</b> <b>2:30 ECHO Orientation</b> <b>3:30 Tranquil Time</b>	<b>28</b> <b>1 – 4 Leadership Circle</b>	<b>29</b> <b>11 Beginner's computers</b> <b>11:30 ECHO orientation</b> <b>1:30 Kristina's Work Korner: Interview skills</b> <b>3:30 Tranquil Time</b>	<b>30</b> <b>10 Meal Prep</b> <b>10:45 Outdoor Games</b> <b>12 Toonie Lunch *Taco salad*</b> <b>1:30 Actively Artistic</b> <b>3:30 Tranquil Time</b>	<b>31</b> <b>11 - 4 MAC</b> <b>5:00 – 8:00 Board Game Night!</b>	