




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