



Edmonds Site Calendar

January 2019 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 Site Closed Happy New Year!	2 NEW YEAR'S BREAKFAST BUFFET Drop-in between 10 and 12 for a FREE breakfast! Stay for fun games between 12:00 and 4:00!	3 10 Meal Prep 12 Toonie Lunch *Chili dogs + Chips* 1:00 2019 Vision Boards! 5:00 Bye-Bye Brittany! *Closed between 3:30 and 5:00 today!*	4 11-4 MAC	5 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY*
7 11:00 Cooking for ECHO 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	8 11-4 MAC	9 *11am Opening* 10:00-11:00 Tidy Time – <i>only those cleaning may attend. Free brunch: Pancakes with fruit & whip!</i> 11 Beginner's computers 11:30 ECHO orientation 1:30 Member's Meeting *All members encouraged to attend; treats! 3:30 Tranquil Time	10 10 Meal Prep 12 Toonie Lunch *Chicken & Sausage Jambalaya* 1:30 Actively Artistic 3:30 Tranquil Time	11 11-4 MAC	
14 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	15 11-4 MAC	16 *11am Opening* 11 Beginner's computers 11:30 ECHO orientation 1:30 Creative Writing: Write a Poem for Classy Café! 3:30 Tranquil Time 4:15 Ambassador Meeting	17 10 Meal Prep 12 Toonie Lunch *Chicken drumsticks & Brussel sprouts/sweet potatoes* 1:30 Kristina's Work Korner: Goal Setting 3:30 Tranquil Time	18 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	19 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY*
21 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	22 11-4 MAC	23 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	24 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	25 11-4 MAC 6:00 - 8:00 Classy Café!	
28 11:00 Cooking for ECHO 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	29 1 - 4 Leadership Circle	30 Site Closed Staff Training	31 *Drop-in Social* 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	After six wonderful years spent at ECHO, Brittany is moving on to the next chapter of her book. She is going to help start a youth bereavement program with the Crossroads Hospice Society. Come say goodbye on Thursday January 3rd at 5:00.	

With the staffing transition that will be occurring over the next month or so, we ask for your patience as we dial back a few programs to ensure we are able to stay fully engaged and present with our members. Thanks for your understanding!