


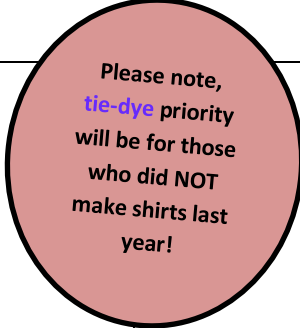


Edmonds Site Calendar

July 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
2 Closed Stat Holiday Canada Day July 1st 	3 11-4 MAC	4 11 Popsicle social! 50¢ 11 Beginner's computers 11:30 ECHO orientation 1:30 Creative Writing 3:00 Yoga with Elena 3:30 Tranquil Time	5 10 Meal Prep 10:45 Outdoor Games 12 Toonie Lunch *Hot dogs & chips* 1:15 Member's Meeting *All members encouraged to attend; treats! 2:30 Pet Therapy with Elvis, the shih tzu-yorkie! 3:30 Tranquil Time 4:15 Tie-dye T-shirts! \$5 (or, bring your own shirt and pay \$2) Sign up on freezer	6 11-4 MAC	7 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY*
9 12:15 Walk & Talk 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 4:15 Nifty Fifty (50+) Lounge	10 11-4 MAC	11 *11am Opening* 10:00-11:00 Tidy Time – only those cleaning may attend. Free brunch: French toast 11 Beginner's computers 11:30 ECHO orientation 1:30 Kristina's Work Korner: Easing work anxiety 3:00 Yoga with Elena 3:30 Tranquil Time	12 10 Meal Prep 10:45 Outdoor Games 12 Toonie Lunch *Pasta salad & corn-on-the-cob* 1:30 Actively Artistic 1:30 Improv! 3:30 Tranquil Time 4:15 Tie-dye T-shirts! \$5 (or, bring your own shirt and pay \$2) Sign up on freezer	13 11-4 MAC	
16 11:00 Cooking For ECHO 12:15 Walk & Talk 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 Vocational Lounge	17 11-4 MAC	18 11 Beginner's computers 11 Popsicle social! 50¢ 11:30 ECHO orientation 1:30 Art Attack: Creating Clay Models with Shirley (Pt. 2) 3:00 Yoga with Elena 3:30 Tranquil Time 4:30 Ambassador meeting	19 *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!	20 11-4 MAC Power to Be: Kayaking at Cates Park – Sign up on freezer. 4:30-6:30 Bowling @ Revs (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm.	
23 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	24 11-4 MAC	25 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	26 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	27 11 - 4 MAC 5 - 8 ECHO's Got Talent!	
30 11:00 Cooking For ECHO 12:15 Walk & Talk 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	31 1 - 4 Leadership Circle	<p style="text-align: center;">Hello friends!</p> <p style="text-align: center;">We have a few changes to note on our regular Monday schedule. In order to accommodate ECHO orientations more effectively, we will be starting Bingo 30 minutes earlier – at 1:00pm.</p> <p style="text-align: center;">We will see how this change works over the next couple of months.</p> <p style="text-align: center;">Bumping Bingo also means we will have our Walk & Talk at 12:15.</p> <p style="text-align: center;">Thanks for your understanding and cooperation!</p>			