



Edmonds Site Calendar

November 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>ECHO and MAC are SO excited to announce our first Holiday Craft Fair!</p> <p>When? Saturday November 17th What time? 10:00 – 2:00 Where? Capitol Hill Community Hall: 361 Howard Avenue</p> <p>Come out and show support, while finding great little gifts for the holidays!</p>			<p>1 10 Meal Prep 12 Toonie Lunch *Perogies & smokies* 1:15 Member's Meeting *All members encouraged to attend; treats! 3:30 Tranquil Time</p>	<p>2 11-4 MAC 1 – 4 RST*</p>	<p>3 - Mood Disorders Group 10:30 – 12:30 *TOMMY DOUGLAS LIBRARY*</p>
<p>5 11:00 Cooking For ECHO 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 4:15 Nifty Fifty (50+) Lounge</p>	<p>6 11-4 MAC</p>	<p>7 11 Yogurt parfait social! 50¢ 11 Beginner's computers 11:30 ECHO orientation 1:30 Creative Writing 3:30 Tranquil Time</p>	<p>8 10 Meal Prep 12 Toonie Lunch *Meatloaf & mashed potatoes* 1:30 Actively Artistic 1:30 Improv! 3:30 Tranquil Time</p>	<p>9 11-4 MAC</p>	
<p>12 Closed Stat Holiday Remembrance Day (November 11th)</p>	<p>13 11-4 MAC</p>	<p>14 *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 Be Intentional: How to Find Beauty in Every Day Life 3:30 Tranquil Time</p>	<p>15 10 Meal Prep 12 Toonie Lunch *Chicken corn chowder & buns* 1:30 Kristina's Work Korner: How to Market Yourself – Make Yourself Shine! 3:30 Tranquil Time 4:15 Let's Cook: Around the World (Closed group)</p>	<p>16 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>17 – ECHO & MAC host: A Holiday Craft Fair 10:00 – 2:00 Capitol Hill Community Hall</p> <p style="text-align: center;">↑</p>
<p>19 11:00 Armchair Travel to Peru & Bolivia with Meredith 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 Vocational Lounge</p>	<p>20 11-4 MAC</p>	<p>21 11 Beginner's computers 11 Yogurt parfait social! 50¢ 11:30 ECHO orientation 1:30 Force Couple Kingdom presents: Brain & Body Part 2 3:30 Tranquil Time 4:15 Ambassador meeting</p>	<p>22 *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 4:15 Let's Cook: Around the World (Closed group)</p>	<p>23 11-4 MAC 5 – 8 Movie & Pool Tournament Night @ Edmonds</p>	<p>November 17 Mood Disorders Group 10:30 – 12:30 *TOMMY DOUGLAS LIBRARY*</p>
<p>26 11:00 Cooking For ECHO 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time</p>	<p>27 1 – 4 Leadership Circle</p>	<p>28 11 Beginner's computers 11:30 ECHO orientation 1:30 Body Positivity and Self Love: A Beginner's Guide 3:30 Tranquil Time</p>	<p>29 10 Meal Prep 12 Toonie Lunch *Tuna casserole* 1:30 Holiday Pompom Wreath Making 3:30 Tranquil Time 4:15 Let's Cook: Around the World (Closed group)</p>	<p>30 11-4 MAC 5:00 – 8:00 Board Game Night!</p>	