



Edmonds Site Calendar

October 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 10:30 Decorate ECHO for Halloween! 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	2 11-4 MAC 1 - 4 RST*	3 11 Popsicle social! 50¢ 11 Beginner's computers 11:30 ECHO orientation 1:30 Creative Writing 3:30 Tranquil Time	4 10 Meal Prep 12 Toonie Lunch *Tacos* - Happy National Taco Day! 1:15 Member's Meeting *All members encouraged to attend; treats! 3:30 Tranquil Time	5 11-4 MAC 1 - 4 RST*	6 - Mood Disorders Group 1:30 - 3:30 *TOMMY DOUGLAS LIBRARY*
8 Closed Stat Holiday Thanksgiving 	9 11-4 MAC 1 - 4 RST*	10 *11am Opening* 10:00-11:00 Tidy Time - only those cleaning may attend. Free brunch: Breakfast sandwiches 11 Beginner's computers 11:30 ECHO orientation 1:30 World Mental Health Day: Make your own self care/calming box 3:30 Tranquil Time	11 10 Meal Prep 12 Toonie Lunch *Chili & buns* 1:30 Actively Artistic 1:30 Improv! 3:30 Tranquil Time 4:15 Nifty Fifty (50+) Lounge	12 11-4 MAC 1 - 4 RST* 5:00 - 8:00 Board Game Night!	Saturday 13 MAC Show & Sale at Shadbolt Centre FREE! 12 - 7 Theme: 'Culture' Come and support MAC!
15 11:00 Cooking For ECHO 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time 5:30 Vocational Lounge	16 11-4 MAC 1 - 4 RST*	17 11 Beginner's computers 11 Yogurt parfait social! 50¢ 11:30 ECHO orientation 1:30 Kristina's Work Korner - Presentation by WorkBC: Customized Disability Services 3:30 Tranquil Time 4:15 Ambassador meeting	18 10 Meal Prep 12 Toonie Lunch *Chicken drumsticks, mashed potatoes & garden salad* 1:30 DIY Gift-in-A-Jar 3:30 Tranquil Time	19 11-4 MAC 1 - 4 RST* 4:30-6:30 Bowling @ Revs (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm.	20 - Mood Disorders Group 10:30 - 12:30 *TOMMY DOUGLAS LIBRARY*
22 10:30 - 3:15 Wake Up Your Wellness! No drop-in!	23 11-4 MAC 1 - 4 RST*	24 10:30 - 3:15 Wake Up Your Wellness! No drop-in! 4:15 DIY Gift-in-A-Jar	25 Site closed Staff training <u>Community Outing</u> Lonsdale Quay Meet at Edmonds Skytrain at 10:00am *Sign-up on freezer, starts October 4th	26 11-4 MAC 1 - 4 RST* 5 - 8 Movie & Pool Tournament Night @ Edmonds	
29 1:00 Bingo 2:30 ECHO Orientation 3:30 Tranquil Time	30 1 - 4 RST* 1 - 4 Leadership Circle 	31 *Site only open for those baking until 4pm* 1:00 Baking Halloween Cupcakes *Sign-up required 4 - 8 Halloween Party! [Doors at 4pm] \$2 dinner at 4:30	Join us on Halloween for our party! Doors will open at 4:00pm, pasta dinner served at 4:30 We will have dinner, dancing, a costume contest and other activities. Make sure you dress up & prepare for an evening of spooky fun! See you ghouls there! 		