

All events take place at: **BURNABY RECREATION CENTRE** Edmonds Neighborhood Resource Centre

Rm. #109-7355 Canada Way, Burnaby Phone: 604-526-9606, Fax 604-526-7097

February 2010

WEEKLY PROGRAMS



Tuesday 10 – 4 pm		10:30 – 3:00 pm Creative Art with Tricia (Prices vary according to craft) See calendar for scheduled crafts	1:45 – 3:00 pm Bingo (\$0.25 / card) 5 games played (Money prizes given for last 3 games) Bingo cancelled Feb. 2nd and Feb. 9th See Calendar	Open Gym Now through VAC
Wednesday 10 - 4 pm	11:00 -1:00 pm New This Month! Marvin's Music Program (Free)	10:00 – 4:00 pm Coffee is Always On! Come by anytime of the day to meet friends and enjoy a fresh cup of coffee.	1:30 – 2:30 pm Friendship Circle (Free) See calendar for scheduled activities	1:00 – 2:30 pm TOPS (Taking Off Pounds Sensibly) Drop-ins allowed Annual membership required for long term involvement
Thursday 10 – 4 pm		12:00 pm Loonie Lunch (\$1 includes meal & 1 coffee/tea)	1:30 – 3:30 pm Actively Artistic (\$1) Classes vary from week to week – Refer to calendar	
Friday 5 - 9 pm Coffee's On		5:30 – 7:30 pm Friday Night Movies at CMHA (\$0.25) Sit back, relax and enjoy the film. New release and older films will be viewed. Popcorn & refreshments for a minimal cost		Pizza Night February 26th (\$1.50 per 2 slices) If unable to attend at 6:00, please phone in to order your preferred slice of pizza – first 25 people only

***** HIGHLIGHTS OF THE MONTH *****

<p>Fundraiser BBQ with Millers Way Join us here at BAC from 11-3 to help fundraise to send people to the Sun Run! Hot Dogs, Chips, and Pop Combo: \$3.00.</p> 	<p>Olympic Kick off With Vancouver! Join us for games, events, and prizes to celebrate 2010!</p> 	
<p>Actively Artistic Check out the February Schedule for Valentine's Crafts, Making Percussion Instruments, and A Drumming Circle!</p>	<p>CMHA Karaoke Sing Your Heart Out with BAC and Vancouver!</p>  <p>February 5th 6:00-9:00 Cost: \$2.00</p>	<p>Friendship Circle Come out and meet Dave. He has been leading the friendship circle for a few months now. He has many GREAT, FUN ideas for programs and would be happy to hear your input as well!! Join Dave and Friends Wednesdays from 1:30 – 3:00</p>

Vancouver-Burnaby Branch CMHA Recreation Services Program provides opportunities for adults who are living with mental illness to participate in recreation and experience leisure. Burnaby programs are made possible through funding from the Fraser Health Authority and the generosity of the United Way.



February 2010 CMHA Burnaby Recreation Program

Tuesday (10 - 4)	Wednesday (10 - 4)	Thursday (10 - 4)	Friday (5 - 9)
<p>2 10:30 – 1:00 UFO or Your Choice – Bring any unfinished projects to finish or start a new one. Instructor: Tricia Cost: (\$2.50) *Centre closed at 1:00 *No BINGO today, BINGO moved to Thursday</p>	<p>3 11:00 – 1:00 Marvin’s Music Program – come hear a mix of new and old tunes! 1:30 – 3:00 Friendship Circle- Japanese Origami and Chinese New Years Fun Facts Leader: Dave 1:00 – 2:30 TOPS (Taking Off Pounds Sensibly) Leader: Lorna</p>	<p>4 12:00 Loonie Lunch: Bagels and Soup Cost (\$1) 1:30 – 3:30 Valentine Craft – Chocolate Roses Instructor: Mimi Cost: (\$1) 1:45 – 3:00 Bingo \$0.25/bingo card Callers: Allen / Maurice</p>	<p>5 6:00 – 9:00 Valentine’s Karaoke with Vancouver! – Join us for a festive and fun evening, sing along or cheer on a friend. Cost: (\$2.00)</p>
<p>9 10:30 -3:00 Open Forum – Tricia would love to hear your ideas for projects over the upcoming months - bring books, ideas, etc. and brainstorm together – the possibilities are endless! 11:00- 3:00 Millers Way BBQ Join us to help Millers Way fundraise to enter the Sun Run! Hot dogs and goodies on sale! *No BINGO today, BINGO moved to Thursday</p>	<p>10 Marvin’s Music Program Cancelled Today 11:00 – 2:00 Olympic Kick off with Vancouver! – Come celebrate the start of the Olympics: learn about the history, challenge yourself at trivia, compete in the CMHA mock Olympic events. We will have hot dogs, chips, pop and delicious treats for you to enjoy! Cost: \$1.00</p>	<p>11 12:00 Loonie Lunch: Butter Chicken with Rice Cost (\$1) 1:30 – 3:00 Valentine Craft – Make a creative card for friends or family Instructors: Mimi and Carlie Cost: (\$1) 1:45 – 3:00 Bingo \$0.25/bingo card Callers: Allen / Maurice</p>	<p>12 5:00 – 9:00 Chinese Food Sampling and Film– Come join us for some tasty Chinese cuisine, interesting history about Chinatown, and a video to help celebrate the Chinese New Year Cost: (\$1.50)</p>
<p>16 10:30 – 3:00 Needlepoint Bookmark or Coaster Instructor: Tricia Cost: (\$2.50) 1:45 – 3:00 Bingo \$0.25/bingo card Callers: Allen / Maurice</p>	<p>17 Marvin’s Music Program Cancelled Today 12:00 Olympic Men’s Curling Event! Come and experience the excitement of the Olympics. <i>We will be taking transit to this event so please note walking may be required and there will be crowds.</i> (Free - Registration Required Before Feb.11) 1:00 – 2:30 TOPS (Taking Off Pounds Sensibly) Leader: Lorna</p>	<p>18 12:00 Loonie Lunch: Beef Stroganoff and Mixed Veggies Cost (\$1) 1:30 – 3:30 Actively Artistic: Make Your Own Percussion Instrument through Recycled Goods (Then Try it out next Thursday at the Drumming Circle) Instructors: Mimi and Carlie Cost: (\$1)</p>	<p>19 4:30 Olympic Victory Medal Ceremonies: Theory of a Deadman Performing Come and experience the excitement of the Olympics as we watch the bronze, silver and gold champions receive the medals!! <i>We will be taking transit to this event so please note walking may be required and there will be crowds.</i> (Free- Register Before Feb.11)</p>
<p>23 *11:30 BAC opens later today due to staff meeting 11:30 – 3:00 Glass Etching – Tricia will teach you this interesting and beautiful technique. Instructor: Tricia Cost: (\$1.50) 1:45 – 3:00 Bingo \$0.25/bingo card Callers: Allen / Maurice</p>	<p>24 11:00 – 1:00 Marvin’s Music Program 1:30 – 2:30 Friendship Circle – Pool and Ping Pong Tournament (Free) Leader Dave 1:00 – 2:30 TOPS (Taking Off Pounds Sensibly) Leader: Lorna</p>	<p>25 12:00 Loonie Lunch: Quiche and Salad Cost (\$1) 1:30 – 3:30 Actively Artistic: Drumming Circle Instructors: Mimi and Jan Cost: (\$1)</p>	<p>26 5:00-9:00 Pizza and Sing-a-long! – Sing with Dawn while she plays the piano Pizza Night \$1.50 for two slices! Call by 6:00 to place your order if you are going to be late</p>