



OCTOBER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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5 SURREY GROCERY 4-6PM GAMES DAY 2-4PM	6 RESOURCE CENTRE WILL CLOSE AT 3:00PM HEART HEALTH TALK 3:30-5:00PM	7	8 SURREY GROUP 2-4PM
12 CLOSED FOR STATUTORY HOLIDAY	13 GROCERY 1-4PM GRUPO LATINO 5-7PM	14 GROCERY 1-4PM BANNOCK IN THE RESOURCE CENTRE	15 WOMEN'S GROCERY 10-12PM
19 GAMES DAY 2-4PM	20 POSITIVE TALK 5:30-7:30PM	21	22
26 GAMES DAY 2-4PM	27 GROCERY 1-4PM GRUPO LATINO 5-7PM SURREY GROUP 5:30-7:30PM	28 GROCERY 1-4PM	29 WOMEN'S GROCERY 10-12PM

Join Viva, hosted by Ribbon Community. Viva is a community of women living with HIV in BC, who communicate with other HIV-positive women directly, primarily online.

Viva provides peer support, reduces isolation, offers a notice board for its members to post events and information related to HIV/AIDS, and a space to connect people who want to take action on the issues that are important to them.



POSITIVE TALK

THIRD TUESDAY | 6:00–7:30 PM

Positive Talk brings together people living with HIV, and welcomes everyone in our communities. Peers host dedicated spaces for African, Caribbean, and Black community members (Leon), women (Millennium), and Arabic speakers (Meryam).

Call or text **Leon** at 236-833-0766 for the ACB Group
Call or text **Gary** at 236-833-0175 for Positive Talk
Call or text **Millennium** at 236-833-0949 for Womens Group

مجموعة اجتماعية باللغة العربية. كل ثالث ثلاثاء من كل شهر. من الساعة 6:00 مساءً حتى 7:30 مساءً. طعام، أصدقاء، ومعلومات عن فيروس نقص المناعة. سيكون هناك سحب لبطاقات الهدايا في نهاية الاجتماع. لمزيد من المعلومات، اتصلوا بمريم -اتصل أو أرسل رسالة نصية إلى 333-236-2975.

HEART HEALTH TALK

October 6 | 3:30-5:00 PM

This talk will be a chance for community members to speak to the HIV & Eng/aging team and Dr. Murrar about early study findings that look at how people living with and without HIV in BC are impacted by cardiovascular (heart) disease.

To RSVP, please either:

- email your name to CoastStudy@bccfe.ca
- contact Reception at 604-893-2201 or Welcome@RibbonCommunity.org

ART THERAPY PROGRAM

Sessions begin mid-October 2026

Ribbon Community will be hosting an art therapy program led by art therapy practicum students from the the Vancouver Art Therapy Institute.

Participants will have the choice of many different art forms to use to express their thoughts, feelings, and experiences.

Sessions will be one (1) hour long, and will take place on-site at Ribbon Community.

If interested, please contact Nabaa at NabaaR@RibbonCommunity.org or call 236-688-3433. Please leave a voicemail if your call is not answered.

RIBBON IN SURREY

October 8 | 2:00-4:00 PM

October 27 | 5:30-7:30 PM

All people living with HIV are welcome at this free group hosted in Surrey. We will have snacks and a draw for \$25.00.

Contact **Joshna** at JoshnaH@RibbonCommunity.org

Text/call/phone **604-315-1968** for additional details.

GROCERY SPECIALS

October 13, 14, & 15:

- Luncheon Meat
- Instant Oatmeal
- Mac & Cheese
- Soup

October 27, 28, & 29:

- Tuna
- Rice
- Chunky Soup
- Juice

LEISURE ACCESS PROGRAM

October 27 | 1:00 - 4:00 PM

First Floor of 1101 Seymour St

The Leisure Access program provides free and reduced cost admissions to Park Board facilities for Vancouver residents.

A staff member from the Vancouver Board of Parks and Recreation will be here to answer any questions about the program and to sign people up. **This is open to everyone at Ribbon Community.**

BANNOCK DAY

October 14 in the Resource Centre

The Indigenous Committee will be hosting bannock in the Resource Centre! Prepared by Mr. Bannock, we will serve bannock starting at 11am on a first come, first serve basis. Connect with the Indigenous Committee! Feel free to stop by and grab yourself some bannock.