



September 2024 COAST CLUBHOUSE ACTIVITIES for Members



In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills. Clubhouse opens M,T,Wed,Th,Fri 8:00 to 3:45, except Wed: 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Labour Day</p> 	<p>3. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 2:30 Pooligans</p>   	<p>4. 9:15 Ted Talks 10:00 Unit Meeting 10:15 Lets go to VCC 10:30 Peter & Friends 10:30 Clubhouse Info Session 11:00 Walking Group 2:00 Karaoke 3:00-5:00 Music Therapy with Min 5:45 CLOSE</p>    	<p>5. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 10:45 Mandala 12:30-2:30pm VCC Learning Lab (Sign-Up Day) 1:15 Pumpkin Spice Lattes</p>    	<p>6. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning Outing to Q E Park and Bloedel Conservatory (Meeting up at clubhouse at 10:00AM) Registration Required-Talk to staff. 1:00 Resume/Job Search (Drop-In) 2:30 Board Games</p>   
<p>9. 10:00 Unit Meeting 10:30 Coloring 11:00 Music Bingo 1:00 Coast Post Meeting 1:15 Walking Group 2:00 Bosnian Coffee</p>     	<p>10. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Computer Learning 12:30-2:30pm VCC Learning Lab (First day of Class) 1:15 Baking with friends 1:30 Brain Training 2:30 Pooligans</p>      	<p>11. 9:15 Ted Talks 10:00 Unit Meeting 10:30 Peter & Friends 10:30 Clubhouse Info Session 11:00 Walking Group 3:00-5:00 Music Therapy with Min 5:45 CLOSE</p>   	<p>12. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:00 What's Cooking</p>     	<p>13. 9:15 News & Views 10:00 Unit Meeting 1:00 Resume/Job Search (Drop-In) 2:30 Board Games</p>  
<p>16. 10:00 Unit Meeting 10:30 Coloring 11:00 Music Bingo 1:00 Painting Class 1:15 Walking Group 2:00 Bosnian Coffee</p>     	<p>17. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30-2:30pm VCC Learning Lab 1:30 Brain Training 2:30 Pooligans</p>    	<p>18. 9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Walking Group 2:00 Karaoke 3:00-5:00 Music Therapy with Min 5:45 CLOSE</p>    	<p>19. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:00 What's Cooking</p>     	<p>20. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning CATFE - Outing (Meeting up at clubhouse at 1:00PM) Registration Required-Talk to staff. 1:00 Resume/Job Search (Drop-In) 2:30 Board Games</p>   
<p>23. 9:30 Breakfast Club 10:00 Unit Meeting 10:30 Coloring 11:00 Music Bingo 1:00 Coast Post Meeting 1:15 Walking Group 2:00 Bosnian Coffee</p>      	<p>24. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Computer Learning 12:30-2:30pm VCC Learning Lab 1:15 Baking with friends 1:30 Brain Training 2:30 Pooligans</p>      	<p>25. CHEQUE DAY 9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Walking Group 3:00-5:00 Music Therapy with Min 5:45 CLOSE</p>   	<p>26. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:15 Pumpkin Spice Lattes</p>     	<p>27. 9:15 News & Views 10:00 Unit Meeting 10:30 Coloring (Hawlii Pichette Art) Bill Reid Museum -Outing (Meeting up at clubhouse at 1:00PM) Registration Required-Talk to staff. 1:00 Reconciliation Tree (Art Activity) *Birthday Treat</p>    
<p>30. National Day for Truth and Reconciliation</p> 	<p>Front Desk: 604.675.2357 Intakes: 604.675.2360 Communication Unit: 604.675.2355 Environmental Unit: 604.675.2361 TEP Temporary Employment Unit: 604.675.2340 Young Adults Program: 604.675.2351 Member's line: 604.675.2362 Fax: 604 675 2375</p>	<p>Want to Become a member? Join us for a <u>Clubhouse Info Sessions</u> Wednesday at 10:30Am. For Intakes or Info session Questions Please Call: 604.675.2360</p>	  	

GUIDE TO CALENDAR ACTIVITIES

Unit Meeting: Daily check-in with members and staff, pick a volunteer task to help the Clubhouse

Community Meeting: Bring your ideas and opinions to the Clubhouse! Learn about upcoming special events with the Communications, Enviro, Food Service, and Employment Units

Clubhouse Info Session: Do you know someone who would like to become a member of the Clubhouse? Tell them to sign up to come to the info session Wednesday mornings

Peter & Friends: Come enjoy the lovely piano playing of Peter twice a month

Breakfast Club: Join us to make a healthy hearty breakfast at the clubhouse.

Music Therapy with Min: Sing or play an instrument with Music Therapist Min. All skill levels welcome!

Lets go to VCC: Come to VCC to learn about their FREE adult education Program.

VCC Learning Lab: VCC instructor come to the space and support you in completing a course of your choice in (Reading, writing and basic Math).

Brain Training: Exercise your brain with these fun and interactive games and activities!

Baking With Friends: Join us in our Clubhouse kitchen and lets make something tasty!

What's Cooking?! Learn to bake or cook something in our Clubhouse kitchen and eat or share what you make!

Walking Group: Take a walk with staff and other members around the neighbourhood. Suggest where to go!

Intro to Enviro Unit: Join to learn about how you can help the Clubhouse and learn new skills in the Environmental Unit!

Music Bingo/Classic Bingo: Test your song knowledge and win prizes!

Trivia Tuesday: Come play a game of trivia!

Bosnian Coffee: Try the traditional coffee of bosnian and have a chat with other members.

News & Views: Let's talk about current events!

New Ideas and Discussion: Watch a TED talk, educational or inspirational video to learn new ideas and discuss!

Healthy Living: Read an article or watch a video and discuss together to learn how to live healthier lives

Pooligans: Let's play a game of pool on our new Clubhouse pool table!

Computer Learning: Let's learn how to use computers or the internet! Bring your questions about computers and technology

Easy Exercise: Follow along a gentle exercise and stretching video. Low impact and can be done sitting or standing!

Birthday Treat: If your birthday was this month lunch is free and everyone else gets a treat too!

If you have any ideas or suggestions for activities on the Calendar, please come to the Community Meeting or talk with staff!