

JANUARY 2025

Calendar



YA Program @ Coast Clubhouse
 295 East 11th Ave.
youngadults@coastmentalhealth.com
 YA Program Direct 236-982-7921
 Clubhouse Reception 604-675-2357
 Call for Tour and Intake

SUNDAY	9:30 AM- 5:15 PM	MONDAY	9:30 AM- 5:15 PM	TUESDAY	9:30 AM- 5:15 PM	WEDNESDAY	9:30 AM- 5:15 PM	THURSDAY	9:30 AM- 5:15 PM	FRIDAY	9:30 AM- 5:15 PM	SATURDAY	9:30 AM- 5:15 PM
						<p>1</p> <p>AND A HAPPY NEW YEAR... (PROGRAM CLOSED)</p>		<p>2</p> <p>10:00 AM - Breakfast Outing & Career Talks</p> <p>1:00PM - Expressive Arts</p> <p>3:00PM - Community Kitchen</p>		<p>3</p> <p>10:00 AM - Rabble Rousers</p> <p>1:00PM - BOWLING</p> <p>3:00 PM - Community Kitchen</p>		<p>4</p> <p>10:00 AM - Breakfast</p> <p>1:00 PM - Hillcrest Aquatic Centre</p> <p>3:30 PM - Karaoke / Indoor Games</p>	
<p>5</p> <p>10:00 AM - Breakfast</p> <p>12:00 PM - Music with Min</p> <p>3:00 PM - Karaoke / Indoor Games</p>		<p>6</p> <p>10:00 AM - Food Sustainability</p> <p>1:00 PM - Theatresports</p> <p>3:00 PM - Community Kitchen</p>		<p>7</p> <p>10:00 AM - Coffee Outing</p> <p>11:00 AM - Brain Training</p> <p>1:00 PM - D&D</p> <p>3:00 PM - Community Kitchen</p>		<p>8</p> <p>10:00 AM - Wellness Group & Smoothies</p> <p>11:00 PM - Brain Training</p> <p>1:00 PM - Music Therapy</p> <p>3:00 PM - MEMBERS MEETING</p>		<p>9</p> <p>10:00 AM - Breakfast Outing & Career Talks</p> <p>1:00 PM - Expressive Arts</p> <p>3:00 PM - Community Kitchen</p>		<p>10</p> <p>10:00 AM - Food Sustainability (Please note, you can only put one order for this week)</p> <p>2:00PM - Secret Ingredient Bake Off</p> <p>3:00 PM - Community Kitchen</p>		<p>11</p> <p>10:00 AM - Breakfast</p> <p>1:00 PM - Rabble Rousers</p> <p>3:30 PM - Karaoke / Indoor Games</p>	
<p>12</p> <p>10:00 AM - Breakfast</p> <p>12:00 PM - Music with Min</p> <p>3:00 PM - Karaoke / Indoor Games</p>		<p>13</p> <p>10:00 AM - Food Sustainability</p> <p>1:00 PM - Theatresports</p> <p>3:00 PM - Community Kitchen</p>		<p>14</p> <p>10:00 AM - Coffee Outing</p> <p>11:00 AM - Brain Training</p> <p>VANCOUVER AQUARIUM 1:00 PM - (Please RSVP, limited capacity, \$2 deposit)</p> <p>3:00 PM - Community Kitchen</p>		<p>15</p> <p>10:00 AM - Wellness Group & Smoothies</p> <p>11:00 PM - Brain Training</p> <p>1:00 PM - Music Therapy</p> <p>3:00 PM - Community Kitchen</p>		<p>16</p> <p>10:00 AM - Breakfast Outing & Career Talks</p> <p>1:00 PM - Expressive Arts</p> <p>3:00 PM - Community Kitchen</p>		<p>17</p> <p>10:00 AM - Rabble Rousers</p> <p>1:00 PM - Board games / Movie Matinee</p> <p>3:00 PM - Community Kitchen</p>		<p>18</p> <p>10:00 AM - Breakfast</p> <p>1:00 PM - Hillcrest Aquatic Centre</p> <p>3:30 PM - Karaoke / Indoor Games</p>	
<p>19</p> <p>10:00 AM - Breakfast</p> <p>12:00 PM - Music with Min</p> <p>3:00 PM - Karaoke / Indoor Games</p>		<p>20</p> <p>10:00 AM - Food Sustainability</p> <p>1:00 PM - Theatresports</p> <p>3:00 PM - Community Kitchen</p>		<p>21</p> <p>10:00 AM - Coffee Outing</p> <p>11:00 AM - Brain Training</p> <p>1:00 PM - D&D</p> <p>3:00 PM - Community Kitchen</p>		<p>22</p> <p>10:00 AM - Wellness Group & Smoothies</p> <p>11:00 PM - Brain Training</p> <p>1:00 PM - Music Therapy</p> <p>3:00 PM - Community Kitchen</p>		<p>23</p> <p>10:00 AM - Breakfast Outing & Career Talks</p> <p>1:00 PM - Expressive Arts</p> <p>3:00 PM - Community Kitchen</p>		<p>24</p> <p>10:00 AM - Food Sustainability (Please note, you can only put one order for this week)</p> <p>1:00 PM - ICE SKATING AT ROBSON SQ</p> <p>3:00 PM - Community Kitchen</p>		<p>25</p> <p>10:00 AM - Breakfast</p> <p>1:00 PM - Rabble Rousers</p> <p>3:30 PM - Karaoke / Indoor Games</p>	
<p>26</p> <p>10:00 AM - Breakfast</p> <p>12:00 PM - Music with Min</p> <p>3:00 PM - Karaoke / Indoor Games</p>		<p>27</p> <p>10:00 AM - Food Sustainability</p> <p>1:00 PM - Theatresports</p> <p>3:00 PM - Community Kitchen</p>		<p>28</p> <p>CLEANING DAY (8 AM – 12:30 PM)</p> <p>9:30 AM – Task Choice</p> <p>11:30 AM – Pizza Lunch</p> <p>12:30 PM - CLOSURE</p> <p>The Program will be OPEN only for members who will help with the cleaning between 8am – 12:30 pm.</p>		<p>29</p> <p>10:00 AM - Wellness Group & Smoothies</p> <p>11:00 PM - Brain Training</p> <p>1:00 PM - Music Therapy</p> <p>3:00 PM - Community Kitchen</p>		<p>30</p> <p>10:00 AM - Breakfast Outing & Career Talks</p> <p>1:00 PM - Expressive Arts</p> <p>3:00 PM - Community Kitchen</p>		<p>31</p> <p>10:00 AM - Rabble Rousers</p> <p>2:00 PM - Cooking Club</p> <p>There will be no Community Kitchen on this day—only the Cooking Club will be running. Please plan accordingly!</p>			

NOTE: The schedule may be subject to change without prior notice.

FOOD PROGRAMS:

Community Kitchen: Simple light meals prepared with members to practice cooking skills, and build community. The recipes have a 15-minute prep time and use ingredients that are available in the pantry

Cooking Club: International cuisines to practice advanced cooking skills with longer prep times. online shopping, with a scheduled pickup

Food Sustainability: Members will discuss healthy eating, meal planning, and budgeting. Participants will receive a \$25 food order offer through on the following day or week from Young Adult Program Centre.

Secret Ingredient Bake Off: Participants will be given a secret ingredient to bake with. Those who taste the baked goods will guess what the secret ingredient is

THERAPEUTIC PRACTICES:

Brain Training: Exercise your brain and improve cognition while playing fun and interactive games and learning strategies to help with daily living

Wellness group: Neighborhood walk, and smoothies

Expressive Arts: Creative practices that allow individuals to express themselves through various artistic forms

Music Therapy: A music therapist leads various musical activities in group or 1:1 setting based on the members' preferences and needs, such as drum circles, singalongs, music games, music lessons, recording sessions, band practice, to music together! or simply relaxing and listening. Whether or not you have musical talents, all members are welcome to the Bird Studio!

D&D: Dungeons & Dragons is a tabletop role-playing game where players create characters and embark on adventures in a fantasy setting, guided by a Dungeon Master.

Theatresports: An improvisational theatre format. Participants engage in short and fun games, and scenes

MENTAL HEALTH AWARENESS PROJECT:

Rabble Rousers: Participants engage in various community initiatives to raise awareness about mental health and combat stigma. You can show up in session to get more information and join the project.

OUTINGS AND PHYSICAL FITNESS:

Coffee Outing: Neighborhood walk to a local coffee shop and conversation with peers

Breakfast Outing: Neighborhood walk to get breakfast right before the brain training session.

Rec Centre: Mount Pleasant Community Centre, amenities include gym with climbing wall, and fitness centre with steam room

Hillcrest Aquatic Centre: Amenities include aquatic centre, fitness centre, ice rink, gymnasium, indoor cycling

Bowling: Grandview Lanes

OUTINGS(RSVP & DEPOSIT REQUIRED & LIMITED CAPACITY) :

Vancouver Aquarium: RSVP on a first-come, first-served basis. A \$2 deposit is required. Cancellations made at least 24 hours before the event are eligible for a deposit refund.

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