



December 2024 COAST MENTAL HEALTH Clubhouse Activities Calendar



In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills. Clubhouse opens Mon to Fri 8:00 to 3:45, except Wed 8:00 - 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 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>3. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Non-Violent Conflict Talk <i>(by Community Policing)</i> 1:30 Brain Training 3:00 Pooligans!</p>	<p>4. 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Walking Group 1:00 What's Cooking 2:30 STAND UP COMEDY SHOW!</p> 	<p>5. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 10:30 Christmas Decorations 11:00 Chess with Joel 1:00 Winter Lattes</p> 	<p>6. 9:15 News & Views 10:00 Unit Meeting 10:30 Christmas Decorations 11:00 Computer Learning 1:00 Resume Workshop 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 Christmas Market Outing <i>(register with staff)</i> 1:15 Baking with Friends 1:30 Brain Training</p> 	<p>11. 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Walking Group 12:30 EARLY CLOSE</p>  	<p>12. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 1:00 Christmas Crafts</p>  	<p>13. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:30 Sugar and Spice Rush <i>(seasonal baking)</i></p> 
<p>16. 10:00 Unit Meeting 10:30 Coloring 11:00 Music Bingo 1:15 Walking Group 2:00 Bosnian Coffee</p> 	<p>17. 9:30 Breakfast Club 10:00 Unit Meeting 11:00 Tuesday Trivia 1:15 Baking with Friends 1:30 Brain Training 3:00 Pooligans!</p> 	<p>18. CHEQUE ISSUE DAY 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Walking Group 2:00 Clubhouse Winter Concert!</p> 	<p>19. 9:15 Healthy Living 10:00 Unit Meeting 12:00 Christmas Celebration!</p> 	<p>20. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 2:30 Board Games</p> 
<p>23. 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 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!</p> 	<p>25. CHRISTMAS DAY Closed FOR THE HOLIDAYS</p> 	<p>26. BOXING DAY Closed FOR THE HOLIDAYS</p>  	<p>27. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 2:30 Board Games *Birthday Treat!</p>  
<p>30. 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>31. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!</p>    	<p>Want to become a member? Join us for a Clubhouse Info Session Wednesdays at 10:30am For Intakes or Info session Questions Please Call: 604.675.2360</p>	<p>Front Desk: 604.675.2357 Intake: 604.675.2360 Communication Unit: 604.675.2355 Environmental Unit: 604.675.2361 Transitional Employment Program: 604.675.2340 Young Adult Program: 604.675.2351 Member's line: 604.675.2362 Fax: 604 675 2375</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.

Stand-up Comedy Show: The Clubhouse is hosting a performance from the participants of "Stand Up for Mental Health" comedy program!

Christmas Celebration: Our annual Christmas lunch celebration for Clubhouse members!

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

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

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

Christmas Decorations: Let's make holiday decorations for the season!

Winter Lattes: Let's make seasonal lattes and have a chat with other members and staff

Baking with Friends: Join us in our Clubhouse kitchen and let's 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!

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

Trivia Tuesday: Come play a game of trivia!

Resume Workshop: Members can attend a workshop about resume writing or get support from staff to work on their resumes/send them to job applications.

Colouring: Relaxing colouring activities with other members and staff.

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

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

Painting Class: Learn to paint together from each other or from an online video!

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 the Clubhouse pool table!

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

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!