

February 2025 COAST MENTAL HEALTH Clubhouse Activities Calendar

In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills. **Opening hours:** Monday to Friday 8:00 - 3:45 except Wednesday 8:00 - 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Want to become a member? Please attend:</p> <p>Clubhouse Info Session Wednesdays at 10:30</p> <p>Questions regarding intakes and info sessions, call 604.675.2360</p>	<p>Front Desk: 604.675.2357 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>
<p>3. 10:00 Unit Meeting 10:30 Colouring 1:15 Walking Group 1:30 BSW Course <i>(registered members)</i> 2:00 Bosnian Coffee</p>  	<p>4. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 1:30 BSW Course 3:00 Pooligans!</p> 	<p>5. 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i></p> 	<p>6. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:15 Baking with Friends 1:30 BSW Course</p> 	<p>7. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:30 BSW Course 1:30 Board Games</p>  
<p>10. 10:00 Unit Meeting 10:30 Valentine's Colouring 11:00 Music Bingo 1:00 Painting Class 1:30 BSW Course 2:00 Bosnian Coffee</p> 	<p>11. 9:15 Chat & Chew 10:00 Unit Meeting 1:30 Brain Training 1:30 BSW Course 3:00 Pooligans!</p> 	<p>12. 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 What's Cooking? 3:00 Music Therapy with Min <i>Open until 5:45</i></p>	<p>13. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 1:00 Seasonal Lattes 1:30 BSW Course</p> 	<p>14. Valentine's Day 9:15 News & Views 10:00 Unit Meeting 11:00 Movie Outing <i>(register with staff)</i> 1:30 BSW Course</p>
<p>17. FAMILY DAY</p>  	<p>18. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 1:30 BSW Course</p>	<p>19. CHEQUE ISSUE DAY 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i></p>	<p>20. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 1:15 Baking with Friends</p>	<p>21. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:00 Resume Workshop 1:30 Board Games</p> 
<p>24. 10:00 Unit Meeting 10:30 Colouring 11:00 Music Bingo 1:00 Painting Class 2:00 Bosnian Coffee</p> 	<p>25. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Community Meeting 1:30 Brain Training 3:00 Pooligans!</p> 	<p>26. 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 What's Cooking? 3:00 Music Therapy with Min <i>Open until 5:45</i></p> 	<p>27. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel</p>	<p>28. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:30 Board Games</p> 

* Calendar activities may be subject to change *

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

BSW Course: Training program offered to members to gain Building Service Worker Certificate. Members can work with staff afterwards to find employment

Seasonal Lattes: Let's make some winter lattes!

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

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

What's Cooking: Learn to 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 or play Bingo 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!