

December 2018 COAST CLUBHOUSE ACTIVITIES for Members

In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills within 3 Units: Communications, Environmental and Food Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:45 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Creative Circle	4 9:00 Morning Stretch / Walking 11:00 Community meeting 1:30 Coast Post 2:30 Christmas Cards 	5 9:30 Ted Talks group 10:30 Peter & friends sing-a-long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	6 9:00 Mindfulness / Meditation 10:30 Walking / Stretch 11:00 Planning meeting 12:45 Bowling 1:30 Social Group 	7 9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke
10 8:45 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Creative Circle	11 9:00 Morning Stretch / Walking Group 11:00 Focus meeting 1:30 Christmas -outing 2:30 Folk Tales with Jill	12 9:30 Ted Talks group 10:30 Peter & friends sing-a-long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	13 9:00 Mindfulness / Meditation 10:30 Sistah time 10:30 Peter & friends- sing 12:00 to 2:30 Christmas Lunch 	14 9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke 
17 8:45 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Creative Circle	18 9:00 Morning Stretch / Walking Group 1:30 Swimming 1:30 Chess Day / Christmas -outing 2:30 Folk Tales with Jill 	19 9:30 Ted Talks Group 10:30 Peter & friends sing-a-long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	20 CLEANING DAY!!! 10:00 Tasks option 11:30 PIZZA 12:30 Clubhouse closed 12:30 Swimming 	21 9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke 
24 10:30 Tai Chi 11:00 BRUNCH 12:00 Games / Movie at Clubhouse 2:45 CLOSED	25 Stat Holiday CLOSED 	26 Stat Holiday CLOSED 	27 9:00 Mindfulness / Meditation 10:30 Environmental Workshop 11:00 Coast post 	28 09:15 News & Views 11:00 Zumba!  1:15 Movie @ Mount Pleasant Library 1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke 
31 8:45 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Art Gallery / New Years Eve Celebration 3:00 CLOSED		COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph:604.675.2357 UNIT MEETINGS:10am & 1pm Task sign-up, group check-in & coffee!	CLUBHOUSE PHONE #: Coordinator:604 675- 2350 Communication: 604 675 - 2355 Environmental: 604 675-2361 Employment: 604 675-2340 Food Services: 604 675-2360 Youth Program: 604-675-2351 Intakes: 604 675 2363	Want to become a member? CLUBHOUSE INFO SESSIONS Every Wed at 10:30 am Call at 604.675.2357 for sign up

December is Social Networks month!

What are Social Networks all about?

This is about your social networks and being part of your community. It includes taking part in activities within this project and, as your recovery progresses, getting involved in things outside the project. This can include volunteering or classes, being part of your neighborhood, a club or society, school or faith organization or groups of friends.

Some questions to ask yourself.....

- Where do I feel like I belong?
- What are things I really enjoy doing?
- What are the different Social Networks in my life?
- Would I like to increase my Social Networks?

December Wellness Activities & Ideas

- Attend an event in the community (lots of free things to do in December)
- Try a new activity or group at the Clubhouse
- Have a conversation with someone you've always wanted to talk to.
- Volunteer with an organization you like.
- Look into taking a class on something new you would like to learn.
- Any other ideas?????
