

















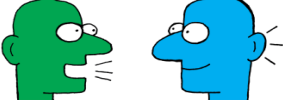






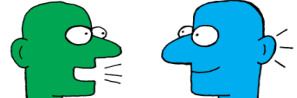


January 2019 COAST CLUBHOUSE ACTIVITIES for Members

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
<p>COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph:604.675.2357</p> <p>UNIT MEETINGS:10am & 1pm Task sign-up, group check-in & coffee</p>	<p>1</p> 	<p>2</p> <p>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</p>	<p>3</p> <p>9:00 Mindfulness / Meditation 11:00 Coast post 1:30 Social Group</p> 	<p>4</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke  2:30 Drama Group</p>
<p>7</p> <p>8:45 Healthy Living Group 10:30 Tai Chi</p> <p>11:00 Zumba  1:30 Creative Circle </p>	<p>8</p> <p>9:00 Morning Stretch/Walking Group 11:00 Focus meeting 1:30 Swimming </p>	<p>9</p> <p>9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>10</p> <p>9:00 Mindfulness / Meditation 10:30 Sistah time 12 to 1:00 Librarian 1:30 Social group</p> 	<p>11</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke </p>
<p>14</p> <p>8:45 Healthy Living Group 10:30 Tai Chi 10:30 Creating a Resume Workshop 11:00 Zumba  1:30 Creative Circle</p>	<p>15</p> <p>9:00 Morning Stretch/ Walking Group  11:00 Community meeting 1:30 Swimming 1:30 Chess Day </p>	<p>16</p> <p>9:30 Ted Talks Group 10:30 Clubhouse Info. Session 10:30 Peter & Friends sing-a-long 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>17</p> <p>9:00 Mindfulness / Meditation 11:00 Planning meeting 1:30 Social Group</p> 	<p>18</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke  2:30 Drama Group</p>
<p>21</p> <p>10:30 Tai Chi 11:00 Zumba 1:30 Creative Circle</p> 	<p>22 CLEANING DAY!!!</p> <p>10:00 Tasks option  11:30 PIZZA 12:30 Clubhouse closed 12:30 Swimming</p>	<p>23</p> <p>9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p> 	<p>24</p> <p>9:00 Mindfulness / Meditation 10:15 Interviewing Skills Workshop 12:45 Bowling 1:30m Social Group</p> 	<p>25</p> <p>09:15 News & Views 10:00 Outcome celebration 11:00 Zumba!  12:30 Birthday celebration 1:30 Jane's stretch&relax 1:30 Bingo/ Karaoke </p>
<p>28</p> <p>8:45 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Anxiety/ Stress Work shop 1:30 Creative Circle </p>	<p>29</p> <p>9:00 Morning Stretch/Walking Group 11:00 Focus meeting 1:30 Swimming/ Games </p>	<p>30</p> <p>9:30 Ted Talks Group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p> 	<p>31</p> <p>9:00 Mindfulness / Meditation 11:00 Outing 1:30 Social Group</p>	<p>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</p>

January is Work/Volunteer month!

What is Work/Volunteer ladder all about?

This is about you and work – whether you want to work, knowing what it is you would like to do, having the skills and qualifications to get the work you want and finding and keeping a job. For some people, paid work may not be appropriate but volunteering or other work-like activity may be a goal, in which case, point seven would effectively be the top of the scale.

Some questions to ask yourself.....

- In what ways do I see myself working/volunteering?
- What skills and qualifications do I have?
- What skills and qualifications would I like to learn?
- What are some obstacles for me to work/volunteer?

January Wellness Activities & Ideas

- Try a new task at the Clubhouse
- Make a list of your current skills
- Try learning one new skill
- Navigate a job/volunteer search engine
- Attend a resume writing workshop at the Clubhouse
- Any other ideas?????
