
















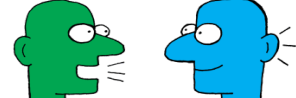






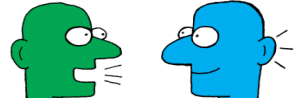


February 2019 COAST CLUBHOUSE ACTIVITIES for Members

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><u>UNIT MEETINGS:</u> 10am & 1pm Task sign-up, group check-in & coffee</p>	<p><u>CLUBHOUSE PHONE #:</u> 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 Intake: 604-675-2363</p>	<p><u>CELEBRATIONS</u></p> <p>BLACK HISTORY MONTH! CHINESE NEW YEAR! HOوبيYEE! Feb.1&2(Nisga'a Ts'amiks) at the PNE VALENTINE'S DAY!</p>		<p>1 9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 1:30 Bingo/ Karaoke </p> <p>HOوبيYEE (see poster for details)</p>
<p>4 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Walking 1:30 Creative Circle </p>	<p>5 <u>Chinese New Year!</u> 9:00 Morning Stretch/Walking Group 11:00 Focus Meeting 12:00 Chinese New Year Celebration 1:30 Swimming/Games </p>	<p>6 9:30 Ted Talks group 10:30 Peter and Friends Sing-a -long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio / Walking 1:30 Communication skills group 1:30 Piano Lessons (sign up)</p>	<p>7 9:00 Mindfulness/Meditation 10:30 Sistah time 1:30 Social group </p>	<p>8 9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 1:30 Bingo/Karaoke </p>
<p>11 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Walking 1:30 Creative Circle</p>	<p>12 9:00 Stretch/Walking  11:00 Community meeting 1:30 Swimming/Games </p>	<p>13 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 10:30 Peter & Friends sing-a-long 11:00 Mandala with Antonio / Walking 1:30 Communication skills group</p>	<p>14 <u>Valentine's Day!</u> 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 Librarian 1:30 Social Group </p>	<p>15 9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 1:30 Bingo/Karaoke </p>
<p>18 FAMILY DAY!  </p>	<p>19 CLEANING DAY!!! 10:00 Tasks option  11:30 PIZZA 12:30 Clubhouse closed 12:30 Swimming</p>	<p>20 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio / Walking 1:30 Communication skills group </p>	<p>21 9:00 Mindfulness/Meditation 11:00 Workshop: Anxiety/Stress 1:30m Social Group </p>	<p>22 09:15 News & Views 10:00 Outcome star celebration 11:00 Zumba!  12:30 Birthday celebration 1:30 Stretch&Relax 1:30 Bingo/Karaoke </p>
<p>25 9:00 Healthy Living Group 10:30 Tai Chi 10:45 Outing 11:00 Zumba  100 Walking 1:30 Creative Circle </p>	<p>26 9:00 Stretch/Walking 11:00 Focus Meeting 1:30 Swimming/Games </p>	<p>27 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio / Walking 1:30 Communication skills group </p>	<p>28 9:00 Mindfulness/Meditation 11:00 Coast post 1:30 Social Group</p>	

February is Relationship month!

What is Relationship ladder all about?

This is about you and your relationship – whether you want get in a new relationship or you want maintain old relationship. For some people that could be difficult and people could be reluctant for that initiative. However, sometimes getting out of your comfort zone could potentially bring you in to the different and more progressive environment.

Some questions to ask yourself.....

- In what ways do I see myself in a new relationship?
- What abilities do I have to maintain current relationship?
- What new skills would I like to learn?
- What are some obstacles for me to maintain my relationship?

February Wellness Activities & Ideas

- Try a new task at the Clubhouse
- Make a list of your current relationships
- Try learning one new thing in relationships
- Reflect on yours in family relationships
- Reflect on yours out of family relationships
- Any other ideas?????
