

























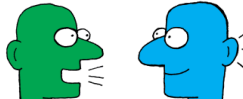




March 2019 COAST CLUBHOUSE ACTIVITIES for Members

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>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 Intake: 604-675</p>	<p><u>CELEBRATION</u></p> <p>St PATRICK'S DAY MARCH 17th</p> <p>SPRING BEGINS MARCH 20th</p> 	<p>March 8th International Womyn</p> 	<p>1</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>4</p> <p>9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Walking 1:30 Creative Circle</p> 	<p>5</p> <p>9:00 Stretch /Walking Group 11:00 Focus Meeting 1:30 Swimming/Games 1:30 Piano Lessons</p> 	<p>6</p> <p>9:00 Walking group 9:30 Ted Talks group 10:30 Peter and Friends Sing-a -long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>7</p> <p>9:00 Mindfulness/Meditation 10:30 Sistah time 1:30 Social group</p> 	<p>8</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p>
<p>11</p> <p>9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Walking 1:30 Creative Circle</p>	<p>12</p> <p>9:00 Stretch/Walking 11:00 Community meeting 1:30 Swimming/Games 1:30 Piano Lessons</p>  	<p>13</p> <p>9:00 Walking group 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p> 	<p>14</p> <p>9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 Librarian 1:30 Social Group</p> 	<p>15</p> <p>9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>18</p> <p>9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Walking 1:30 Creative Circle</p>	<p>19 CLEANING DAY!!!</p> <p>10:00 Tasks option 11:30 PIZZA 12:30 Clubhouse CLOSE 1:30 Swimming</p>  	<p>20</p> <p>9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 10:30 Peter and Friends Sing-a -long 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>21</p> <p>9:00 Mindfulness/Meditation 11:00 Let's talk Budget 1:30m Social Group</p> 	<p>22</p> <p>09:15 News & Views 10:00 Outcome star celebration 11:00 Zumba!  12:30 Birthday celebration 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>25</p> <p>9:00 Healthy Living Group  10:30 Tai Chi 10:45 Outing 11:00 Zumba 1:30 Walking</p> 	<p>26</p> <p>9:00 Stretch /Walking 11:00 Focus Meeting 1:30 Swimming/ Games 1:30 Piano Lessons</p>  	<p>27</p> <p>9:00 Walking group 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group</p> 	<p>28</p> <p>9:00 Mindfulness/Meditation 10:30 Sistah time 11:00 Coast Post meeting 1:30 Social Group</p>	<p>29</p> <p>09:15 News & Views 10:00 Outcome star celebration 11:00 Zumba!  12:30 Birthday celebration 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 

March: Addictive Behaviour!

This is about you and your addictive behavior – whether you want to overcome your addiction. 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.....

- **How do I see myself in terms of my addiction?**
- **What do I need to do to overcome my Addictive Behavior?**
- **What new skills would I like to learn to overcome addiction?**
- **What are some obstacles that stands in my way in order to overcome my Addictive Behavior?**

- Try a new task at the Clubhouse
- Make a list of your current addiction issues
- Try learning one new thing about addiction free life style
- Reflect on who is impacted with your current addictive behavior- you and others
- Reflect on when is it worse and why?
