



















June 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>Coordinator:604-675-2350 Communication: 604-675-2355 Environmental: 604-675-2361 Employment: 604-675-2340 Food Services: 604-675-2360 Intake: 604-790.4519 Youth Program: 604-675-2351</p>	<p>UNIT MEETINGS:10am & 1pm daily Group check-in & Task choice</p> <p>Information Session: Wednesdays at 10:30 am</p>		
<p>3 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle 2:15 Writing Group</p>  	<p>4 9:00 Stretch/Walk 11:00 Community Meeting 1:30 Piano Lessons / Games Swimming 6:00 Rabble Rousers presents untold story Heritage Hall</p> 	<p>5 9:00 Walking group 9:30 Ted Talks 10:30 Clubhouse Info. Session Peter and Friends Sing a long 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>6 9:00 Mindfulness/Meditation 11:00 Coast Post 1:30 Social group</p> 	<p>7 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p>  
<p>10 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle 2:15 Writing Group</p>  	<p>11 9:00 Stretch/Walking 11:00 Focus Meeting 1:30 Piano Lessons / Games/Swimming</p>  	<p>12 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>13 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 Librarian 1:30 Social Group</p> 	<p>14 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>17 9:00 Healthy Living Group with breakfast 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle 2:15 Writing Group</p>  	<p>18 <u>Cleaning Day</u> 10:00 Cleaning Day Task Meeting 11:30 Pizza 12:30 Clubhouse Closed</p> 	<p>19 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session Peter and Friends Sing a long 11:00 Mandala with Antonio 1:30 Communication skills group</p>	<p>20 9:00 Mindfulness/Meditation 12:45 Bowling 1:30 Social Group</p>	<p>21 09:15 News & Views 11:00 Zumba! 12:30 Aboriginal Day-Trout Lake 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>24 9:00 Healthy Living Group 9:45 Outing: TBA 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle 2:15 Writing Group</p> 	<p>25 9:00 Walking 11:00 Focus Meeting 1:30 Piano Lessons/ Games Swimming</p>  	<p>26 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>27 9:00 Mindfulness/Meditation 11:00 Coast Post 1:30 Social Group</p> 	<p>28 09:15 News & Views 11:00 Zumba! 12:45 Birthday Celebration 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 