






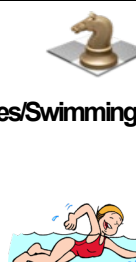











May 2019 COAST CLUBHOUSE ACTIVITIES for Members

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>CLUBHOUSE PHONE 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>1 9:00 Walking group 9:30 Ted Talks 10:30 Peter and Friends Sing-a-long 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:00 English group 1:30 Communication skills group</p>	<p>2 9:00 Mindfulness/Meditation *11:00 LUNCH *12:15 CLUBHOUSE CLOSE *12:30 Social group</p> <p><i>*Please note today's changes</i></p> 	<p>3 9:15 News & Views 11:00 Zumba! 1:00 English group 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 
<p>6 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle</p> 	<p>7 9:00 Stretch/Walk 11:00 Community Meeting 1:30 Piano Lessons / Games Swimming</p> 	<p>8 9:00 Walking group 9:30 Ted Talks 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:00 English group 1:30 Communication skills group</p>	<p>9 9:00 Mindfulness/Meditation 11:00 Coast Post 12:00 Librarian 1:30 Social group</p> 	<p>10 9:15 News & Views 11:00 Zumba! 1:00 English group 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p>  <p><i>*Trout Lake Com., Ctr: Pow Wow!</i></p>
<p>13 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle</p> 	<p>14 9:00 Stretch/Walking 11:00 Safety Jeopardy 1:30 Piano Lessons / Games/Swimming</p> 	<p>15 9:00 Walking group: False Creek 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 10:30 Peter and Friends Sing-a-long 11:00 Mandala with Antonio 1:00 English group 1:30 Communication skills group</p>	<p>16 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:45 Bowling!! 1:30 Social Group</p> 	<p>17 9:15 News & Views 11:00 Zumba! 1:00 English group 1:30 Stretch&Relax / Tennis in the Park 2:00 Bingo 3:00 Karaoke</p>
<p>20 VICTORIA DAY! SORRY!</p> 	<p>21 9:00 Stretch/ Walking 10:00 Explore Lonsdale Quay 1:30 Piano Lessons / Games / Swimming</p> 	<p>22 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:00 English group 1:30 Communication skills group</p>	<p>23 SORRY!</p>  <p>Staff Development</p>	<p>24 09:15 News & Views 11:00 Zumba! 1:00 English group 1:30 Stretch&Relax / Tennis 2:00 Bingo 3:00 Karaoke</p> 
<p>27 9:00 Healthy Living Group 9:45 Outing: Belcarra Park(picnic) 10:30 Tai Chi 11:00 Zumba 1:30 Walking 1:30 Creative Circle</p> 	<p>28 9:00 Walking: Granville Island 11:00 Focus Meeting 1:30 Piano Lessons / Games Swimming</p> 	<p>29 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:00 English group 1:30 Communication skills group</p>	<p>30 9:00 Mindfulness/Meditation 11:00 Safety Jeopardy 1:30 Social Group</p> 	<p>31 09:15 News & Views 11:00 Zumba! 12:45 Birthday Celebration 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke</p> 

May is Identity and Self....

This is about how you feel about yourself and how you define who you are. It's about getting to the point where you have a sense of your own identity – your likes and dislikes.

Some questions to ask yourself.....

- **What am I good at?**
- **What are my strengths?**
- **What are some obstacles that stand in my way of feeling better about myself?**
- **How can I accept myself for who I am?**

- Start a self-care routine
- Do one thing that you really enjoy everyday
- Make a list of your likes and dislikes
- Try learning one new activity
- Practice gratitude for what you have
- Reflect on the new you!
