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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
<b>Coordinator:</b> 604-675-2350 <b>Communication:</b> 604-675-2355 <b>Environmental:</b> 604-675-2361 <b>Employment:</b> 604 -675-2340(TEP) <b>Food Services:</b> 604-675-2360 <b>Intake:</b> 604-790-4519 <b>Members:</b> 604.675.2362 <b>Young Adults:</b> 604-675-2351		<b>COAST CLUBHOUSE</b> 295 East 11th Ave, Vancouver Ph: 604.675.2357	<b>1</b> 9:00 Mindfulness/Meditation 11:00 Survey(Focus Group) 1:30 Social Group 	<b>2</b> 09:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke  
<b>5 BC DAY!!</b>  <b>SORRY!</b> 	<b>6</b> 9:30 Stretch/Walk 11:00 Focus Meeting 1:30 Piano Lessons/Games Swimming  	<b>7</b> 9:00 Walking group 9:30 Ted Talks 10:30 Clubhouse Info. Session Peter+Friends(A-sing-along) 11:00 Mandala with Antonio 1:30 Communication skills group	<b>8</b> 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 Librarian 1:30 Social Group 	<b>9</b> 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke  
<b>12</b> 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba 1:15 Creative Circle  	<b>13</b> 9:30 Stretch / Walk 11:00 Community Meeting 1:30 Piano Lessons / Games Swimming  	<b>14</b> 9:00 Walking group 9:30 Ted Talks Group 10:30 Clubhouse Info. Session Peter+Friends(A-sing-along) 11:00 Mandala with Antonio 11:30 A-Sing-along meeting 1:30 Communication skills group	<b>15</b> 9:00 Mindfulness/Meditation 11:00 Jeopardy 12:45 Bowling 1:30 Social Group 	<b>16</b> 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke  <i>*Mystery Bus trip</i>  
<b>19</b> 9:00 Healthy Living Group with breakfast 10:30 Tai Chi 11:00 Zumba 1:15 Creative Circle  	<b>20 Cleaning Day!</b> 10:00 Cleaning Task Meeting 11:30 Pizza 12:30 Swimming/CLOSE  	<b>21 \$\$\$\$\$\$</b> 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	<b>22</b> 9:00 Mindfulness/Meditation 11:00 Granville Island 1:30 Social Group 	<b>23</b> 9:15 News & Views 11:00 Zumba! 12:00 Lunch extended to 2:00 pm 2:00 Bingo 3:00 Karaoke   
<b>26</b> 9:00 Healthy Living Group 9:45 Outing: TBA 10:30 Tai Chi 11:00 Zumba 1:15 Creative Circle  	<b>27</b> 9:30 Stretch / Walk 11:00 Focus Meeting 1:30 Piano Lessons/ Games Swimming  	<b>28</b> 9:00 Walking group 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication: Coast Post	<b>29</b> 9:00 Mindfulness/Meditation 11:00 YOU(Introduction) 1:30 Social Group 	<b>30</b> 9:15 News & Views 11:00 Zumba! 1:30 Stretch&Relax 1:45 Birthday celebration 2:00 Bingo 3:00 Karaoke 