































* SEPTEMBER 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
2  Labour Day!	3 9:30 Stretch/Walk 11:00 Focus Meeting 1:30 Piano Lessons/Games Swimming  	4 9:30 Ted Talks group 10:30 Clubhouse Info. Session Peter+Friends(A-sing-along) 11:00 Mandala with Antonio 1:30 Communication skills group	5 10:30 COAST PICNIC: Stanley Park  2:30 Womb: 'in group 	6 09:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games 
9 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:30 Creative Circle 	10 9:30 Stretch/Walk 11:00 Community Meeting 1:30 Piano Lessons/Games Swimming  	11 9:30 Ted Talks 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:30 Communication skills group	12 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 Librarian 1:30 Social Group 	13 9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games 
16 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle 	17 9:30 Stretch / Walk 11:00 Focus meeting 1:30 Piano Lessons / Games Swimming  	18 9:30 Ted Talks Group 10:30 Clubhouse Info. Session Peter+Friends(A-sing-along) 11:00 Mandala with Antonio 1:00 Career Literacy 101 1:30 Communication skills group	19 9:00 Mindfulness/Meditation 11:00 Jeopardy 12:45 Bowling 1:30 Social Group 	20 9:15 News & Views 10:30 Outing 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games 
23 <i>FALL BEGINS</i> 9:00 Healthy Living Group with breakfast 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle 	24 <i>Cleaning Day!</i> 10:00 Cleaning Task Meeting  11:30 Pizza 12:30 CLOSE/Swimming 	 25 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala with Antonio 1:00 Career Literacy 101 1:30 Communication:Coast Post	26 9:00 Mindfulness/Meditation 1:30 Social Group 2:30 Womb: 'in group 	27 9:15 News & Views 10:00 Outing TBA 11:00 Zumba!  2:00 Bingo 3:00 Karaoke/Games 
30 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle 	<p align="center"><u>COMING NEXT MONTH</u></p> <p align="center">WELLNESS RECOVERY ACTION PLAN</p>	<p align="center">Interested in becoming a member!</p> <p align="center">INFO SESSIONS Every Wednesday at 10:30 am</p> <p align="center">Call 604.675.2357 to register</p>	<p align="center">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(TEP) Food Services: 604-675-2360 Intake: 604-790-4519 Members: 604.675.2362 Young Adults: 604-675-2351</p>