





























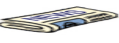







OCTOBER 2019 COAST CLUBHOUSE ACTIVITIES for Members

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>1 9:30 Stretch/Walk 11:00 FOCUS MEETING 1:30 Piano Lessons/Games Swimming</p>  	<p>2 9:30 Ted Talks group 11:00 Mandala 1:00 Career Literacy 101 1:30 Communication skills</p>	<p>3 9:00 Mindfulness/Meditation 11:00 Jeopardy 1:30 Social Group</p>  <p>2:30 Womb: `in group</p>	<p>4 9:15 News & Views 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games</p>  
<p>7 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle MENTAL HEALTH WEEK</p>  	<p>8 9:30 Stretch/Walk 11:00 COMMUNITY MEETING 1:00 WRAP SESSION 1:30 Piano Lessons/Games Swimming</p>  	<p>9 9:30 Ted Talks 10:30 Clubhouse INFO. SESSION Peter+Friends(A-sing-along) 11:00 Mandala 1:00 Career Literacy 101 1:30 Communication skills</p>	<p>10 9:00 Mindfulness/Meditation 11:00 Planning meeting 12:00 VPL  12:30 Van Dusen Wellness Fall walk 1:30 Social Group</p>	<p>11 9:15 News & Views 11:00 Zumba!  12:30 FALL HOLIDAY LUNCH 1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games</p>  
<p>14</p> 	<p>15 9:30 Stretch / Walk 11:00 FOCUS MEETING 1:00 WRAP SESSION 1:30 Piano Lessons / Games Swimming</p>  	<p>16 9:30 Ted Talks Group 10:30 Clubhouse INFO. SESSION Peter+Friends(A-sing-along) 11:00 Mandala 1:00 Career Literacy 101 1:30 Communication skills</p>	<p>17 9:00 Mindfulness/Meditation 10:00 GREAT SHAKE OUT!! 12:45 Bowling 1:30 Social Group</p> 	<p>18 9:15 News & Views 10:30 Outing TBA 11:00 Zumba!  1:30 Stretch&Relax 2:00 Bingo 3:00 Karaoke/Games</p>  
<p>21 9:00 Healthy Living Group with breakfast 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle</p> 	<p>22 CLEANING DAY! 10:00 Cleaning Task Meeting 11:30 Pizza 12:30 CLOSE/Swimming</p>  	<p>23  9:30 Ted Talks group 10:30 Clubhouse INFO. SESSION 11:00 Mandala 1:00 Career Literacy 101 1:30 Communication skills</p>	<p>24 9:00 Mindfulness/Meditation 1:30 Social Group 2:30 Womb: `in group</p> 	<p>25 9:15 News & Views 11:00 Zumba!  2:00 Bingo 3:00 Karaoke/Games</p>  
<p>28 9:00 Healthy Living Group 10:30 Tai Chi 11:00 Zumba  1:00 Career Literacy 101 1:30 Creative Circle</p> 	<p>29 9:30 Stretch/Walk 1:00 WRAP SESSION 1:15 Pumpkin Carving 1:30 Piano Lessons/Games Swimming</p>  	<p>30 9:30 Ted Talks group 10:30 Clubhouse INFO. SESSION 11:00 Mandala 1:00 Career Literacy 101 1:30 Communication:<i>Coast Post</i></p>	<p>31 9:00 Mindfulness/Meditation 11:00 Halloween party prep 1:30 Party 2:30 Parade of costumes 3:00 PARTY ENDS</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>