




















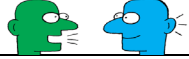




















# \*MARCH 2020 COAST CLUBHOUSE ACTIVITIES for Members\*

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><b>2</b> 9:00 Healthy Living Group 10:45 Brain Training 11:00 Zumba  1:30 Creative Circle </p>	<p><b>3</b> 9:00 Stretch /Walk 11:00 Focus meeting 1:30 Swimming/Games  </p>	<p><b>4</b> 9:30 Ted Talks group 10:30 Clubhouse Info. Session 10:30 Peter &amp; Friends(A-Sing-Along) 11:00 Mandala 1:30 Communication skills group </p>	<p><b>5</b> 9:00 Mindfulness / Meditation 11:00 Womb'in Group 1:30 Social Group </p>	<p><b>6</b></p> <div style="border: 2px solid red; padding: 5px; display: inline-block; background-color: black; color: red; font-weight: bold; font-size: 1.2em;">CLOSED</div> <p><b>PROFESSIONAL DEVELOPMENT!</b></p>
<p><b>9</b> 9:00 Healthy Living Group(Antonio) 10:45 Brain Training 11:00 Zumba  1:30 Creative Circle </p>	<p><b>10</b> 9:00 Stretch /Walk 11:00: Community meeting  1:30 Swimming/Games  </p>	<p><b>11</b> 9:30 Ted Talks group 10:30 Clubhouse Info. Session 10:30 Peter &amp; Friends ( A- Sing-Along) 11:00 Mandala 1:30 Communication skills group </p>	<p><b>12</b> 9:00 Mindfulness / Meditation 11:00 Jeopardy Game  12:00 VPL- Librarian  1:30 Social Group </p>	<p><b>13</b> 9:15 News &amp; Views 10:00 <i>Building Service Worker Info. session</i> 11:00 Zumba!  1:30 Jane's stretch&amp;relax 2:00 Bingo  3:00 Karaoke/Games</p>
<p><b>16</b> 9:00 Healthy Living Group 10:45 Brain Training 11:00 Zumba  1:30 Creative Circle </p>	<p><b>17</b> <span style="background-color: green; color: white; padding: 2px;"><b>ST PATRICK'S DAY!</b></span> 9:00 Stretch/Wal 9:00 Stretch /Walk 11:00 TBA 1:30 Swimming(Antonio)/ Games  1:30 Piano Lessons </p>	<p><b>18</b> 9:30 Ted Talks Group 10:30 Clubhouse Info. Session 11:00 Mandala 1:30 Communication skills group Coast Post Update </p>	<p><b>19</b> 9:00 Mindfulness / Meditation 11:00 Planning meeting  12:45 Bowling  1:30 Social Group </p>	<p><b>20</b> 9:15 News &amp; Views 11:00 Zumba!  1:30 Jane's stretch&amp;relax 2:00 Bingo  3:00 Karaoke/Games</p>
<p><b>23</b> 9:00 Healthy Living Group 10:45 Brain Training 11:00 Zumba(Antino)  1:30 Creative Circle </p>	<p><b>24</b> 9:00 Stretch /Walk 11:00 1:30 Swimming/Games  </p>	<p><b>25</b> 9:30 Ted Talks group 10:30 Clubhouse Info. Session 11:00 Mandala 1:30 Communication skills group- </p>	<p><b>26</b> 9:00 Mindfulness/Meditation 11:00 Jeopardy 1:30 Social Group </p>	<p><b>27</b> 9:15 News &amp; Views 10:00 OUTING ( TBA) 11:00 Zumba!  1:30 Jane's stretch&amp;relax 2:00 Bingo  3:00 Karaoke/Games </p>
<p><b>30</b> 9:00 Healthy Living Group 10:45 Brain Training 11:00 Zumba(Antonio)  1:30 Creative Circle </p>	<p><b>31</b> 9:00 Stretch /Walk 11:00 Focus meeting 1:30 Swimming/ Games  1:30 Piano Lessons </p>	<p><b>COAST CLUBHOUSE</b> <b>295 East 11<sup>th</sup> Ave, Vancouver</b> <b>Ph:604.675.2357</b> <u>UNIT MEETINGS:</u>10am &amp; 1pm Task sign-up, group check-in &amp; coffee</p>		<p>Coordinator: <b>604-675-2350</b> Communication: <b>604-675-2355</b> Environmental: <b>604-675-2361</b> Employment: <b>604-675-2340</b> Food Services: <b>604-675-2360</b> Young Adults: <b>604-675-2351</b> Intake: <b>604-675-2363</b></p>