

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Want to become a member?</p> <p>Please attend: Clubhouse Info Session Wednesdays at 10:30</p> <p> BECOME A MEMBER</p>	<p>Front Desk: 604.675.2357 Communication Unit: 604.675.2355 Environmental Unit: 604.675.2361 Transitional Employment Program: 604.675.2340 Young Adult Program: 604.675.2351 Member's line: 604.675.2362 Fax: 604 675 2375</p>	  		<p>1. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 11:00 Garden Group 1:00 Seasonal Iced Lattes 2:00 Board Games</p>  
<p>4. B.C. Day</p>  <p>Clubhouse is Closed</p>	<p>5. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!</p>  	<p>6. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Collage College 3:00 Music Therapy with Min <i>Open until 5:45</i></p>  	<p>7. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Music Bingo 1:15 Dream Catcher Workshop</p> 	<p>8. 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 11:00 Garden Group 1:30 Walk to the Park</p> 
<p>11. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee</p> 	<p>12. 9:15 Chat & Chew 10:00 Unit Meeting 1:30 Brain Training 2:00 Cooking Class 3:00 Pooligans!</p>  	<p>13. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i></p>  	<p>14. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Music Bingo 1:15 Job Skills Workshop 1:15 Dream Catcher Workshop</p> 	<p>15. 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 11:30 BBQ at the Clubhouse</p>  
<p>18. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>   	<p>19. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!</p>  	<p>20. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Collage College 3:00 Music Therapy with Min <i>Open until 5:45</i></p> 	<p>21. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:15 Job Skills Workshop 1:15 Baking with Friends</p>  	<p>22. 9:15 World Travellers 10:00 Unit Meeting 11:00 Garden Group 1:00 Seasonal Iced Lattes 2:00 Board Games</p>  
<p>25. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>  	<p>26. 9:15 Chat & Chew 10:30 Community Meeting 1:30 Brain Training 2:00 Cooking Class 3:00 Pooligans!</p> 	<p>27. <i>CHEQUE ISSUE DAY</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i></p> 	<p>28. 9:15 Healthy Living 10:00 Unit Meeting 10:45 PNE Outing (registration Required) 10:30 Brain Training 1:15 Job Skills Workshop 1:15 Baking with Friends</p>  	<p>29. 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 11:00 Garden Group 1:30 Walk to the Park</p>  

GUIDE TO CALENDAR ACTIVITIES

** Calendar activities may be subject to change * In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills.*

Unit Meeting: Daily check-in with members and staff, pick a volunteer task to help the Clubhouse

Community Meeting: Bring your ideas and opinions to the Clubhouse! Learn about upcoming special events with the Communications, Enviro, Food Service, and Employment Units

Clubhouse Info Session: Do you know someone who would like to become a member of the Clubhouse? Tell them to sign up to come to the info session Wednesday mornings

Peter & Friends: Come enjoy the lovely piano playing of Peter twice a month

Walk to the Park: Take a walk to one of our local parks to play games, hang with friends, or just relax in the grass!

Music Therapy with Min: Sing or play an instrument with Music Therapist Min. All skill levels welcome!

Brain Training: Exercise your brain with these fun and interactive games and activities!

Bosnian Coffee: Try the traditional coffee of Bosnia and have a chat with other members and staff

Seasonal (Iced) Lattes: Let's make some spring iced lattes and enjoy some conversation!

Baking with Friends: Join us in our Clubhouse kitchen and let's make something tasty!

What's Cooking: Learn to cook something in our Clubhouse kitchen and eat or share what you make!

Walking Group: Take a walk with staff and other members around the neighbourhood. Suggest where to go!

Music Bingo/Classic Bingo: Test your song knowledge or play Bingo and win prizes!

Trivia Tuesday: Come play a game of trivia!

Resume Workshop: Members can attend a workshop about resume writing or get support from staff to work on their resumes/send them to job applications.

World Travellers: Come watch travel videos and share travel stories

Zumba!: Come learn some Latin inspired dance moves!

Collage College: Interested in flexing your creative muscles? Come help us make collages from magazines to create beautiful works of art

Painting Class: Learn to paint together from each other or from an online video!

Healthy Living: Read an article or watch a video and discuss together to learn how to live healthier lives

Garden Group: Plant veggies or flowers in our garden boxes and help trim and water

Pooligans!: Let's play a game of pool on the Clubhouse pool table!

Computer Learning: Let's learn how to use computers or the internet! Bring your questions about computers and technology

Birthday Treat: If your birthday was this month lunch is free and everyone else gets a treat too!

Chair Yoga: Start your day with a burst of energy! No equipment needed just bring yourself and a willingness to move!

If you have any ideas or suggestions for activities on the Calendar, please come to the Community Meeting or talk with staff!