










COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 OPEN to 6pm	5	6	7
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure	11:00AM - Eating for Wellness 1:30PM - Arts & Crafts 3:30 - Card Making	10:30AM - Bus Outing	10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers	
8	9	10	11 OPEN to 6pm	12	13	14
	 11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure	11:00AM - Art & Wellness 1:30PM - Writing Group 3:30pm - Oragami 	 1PM - Driving Range	10am - Breakfast Club 230 - Food Sustainability 	
15	16	17	18 OPEN to 6pm	19	20	21
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	 10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1230 Clubhouse Closed	11:00AM - Mindfulness Walk 1:30PM - Arts & Crafts 3:30 - Painting Plant Pots	10:30AM - Bus Outing	10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers	
22	23	24	25 YA Program Closed @ 4pm	26	27	28
	Clubhouse Closed 	 10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Bowling	11:00am - Money Managment 1:30PM - Writing Group	11:30AM - Queen Elizabeth Park Picnic & Bloedel Conservatory	 10am - Breakfast Club 1pm - Food Sustainability	Closed @ 4pm
29	30	31	1 YA Program Closed @ 4pm	2	3	4
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure	11:00AM - SMART Goals 1:30PM - Arts & Crafts		YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Direct 778-222-5246 Clubhouse Reception 604-675-2357 Call for Intake	

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE