

COAST YOUNG ADULT PROGRAM NOVEMBER CALENDAR

NEW

HOURS

MON 10AM to 6PM

TUES 9AM to 8PM

WED 9AM to 8PM

THUR 9AM to 8PM

FRI 9AM to 8PM

SAT 10AM to 6PM

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|
|  <p>31</p> <p>1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:00PM - Halloween Pizza Party!!</p> | <p>1</p> <p>10:00AM - Coffee Outing 10:30AM - YA's in The Kitchen 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy</p> | <p>2</p> <p>11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 3:00PM - Bake Off with BYRC! 6:00PM - Theatre Sports Program</p> | <p>3</p> <p>10:30AM - Museum Of Anthropolgy 1:30PM - Drum Circle 1:00PM - 5:00PM - Talk to a Counsellor 4:00PM - 30 Min Meals 5:00PM - Music Appreciation</p> | <p>4</p> <p>10:30AM - Food Sustainability 2:00PM - Outdoor Adventure 2:30PM - Board Games 4:00PM - Snack Attack 5:00PM - Movie @ YA Space</p> | <p>5</p> <p>11:00AM - Brunch Community Kitchen 1:00PM - Theatre Sports Program 3:00PM - Outdoor Adventure</p> |
| <p>7</p> <p>11:00AM - Food Sustainability 1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group</p> | <p>8</p> <p>10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy</p> | <p>9</p> <p>11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Program</p> | <p>10</p> <p>10:30AM - Science World 1:30PM - Drum Circle 1:00PM - 7:00PM - Talk to a Counsellor 4:00PM - 30 Min Meals 5:00PM - Music Appreciation</p> |  <p>11</p> <p>CLUBHOUSE CLOSED</p> | <p>12</p> <p>11:00AM - Brunch Community Kitchen 1:00PM - Theatre Sports Program 3:00PM - Movie Matinee</p> |
| <p>14</p> <p>11:00AM - Neighbourhood Walk 1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group</p> | <p>15</p> <p>10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy</p> | <p>16</p> <p>11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Program</p> | <p>17</p> <p>10:30AM - Planetarium 1:00PM - 5:00PM - Talk to a Counsellor 4:00PM - 30 Min Meals 5:00PM - Music Appreciation</p> | <p>18</p> <p>10:30AM - Food Sustainability 2:00PM - Outdoor Adventure 2:30PM - Board Games 4:00PM - Snack Attack 5:00PM - Movie @ YA Space</p> | <p>19</p> <p>11:00AM - Brunch Community Kitchen 1:00PM - Theatre Sports Program 3:00PM - Bowling</p> |
| <p>21</p> <p>11:00AM - Food Sustainability 2:00PM - Community Kitchen 4:30PM - Wellness Group</p> | <p>22</p> <p>10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy</p> | <p>23</p> <p>11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Program</p> | <p>24</p> <p>12:30AM - Movie Outing 1:00PM - 7:00PM - Talk to a Counsellor 4:00PM - 30 Min Meals 5:00PM - Music Appreciation</p> | <p>25</p> <p>10:30AM - Library Tour 2:30PM - Board Games 2:00PM - Fire Hall Tour 4:00PM - Snack Attack 5:00PM - Movie @ YA Space</p> | <p>26</p> <p>11:00AM - Brunch Community Kitchen 1:00PM - Theatre Sports Program 3:00PM - Arcade</p> |
| <p>28</p> <p>11:00AM - Neighbourhood Walk 1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group</p> | <p>29</p> <p>10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy</p> | <p>30</p> <p>11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Program</p> | <p>1</p> <p>NOVEMBER</p>  | <p>2</p> | <p>3</p> <p>YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Manager: 778-222-5246 Members Phone: 236-982-7921 Call for Intake</p> |

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE