





















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets &amp; Friends 1:15 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>	<p>2. 9:15 Chat &amp; Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans!</p>  	<p>3. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter &amp; Friends 11:00 Chess Mates 1:30 Karaoke 3:00 Music Therapy with Min</p> 	<p>4. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training</p>  <p><i>Clubhouse Closed Early at 2:00</i></p> 	<p>5. 9:15 World Travellers 10:00 Unit Meeting 10:30 Christmas Decorating 11:00 Computer Learning 1:00 Creative Writing</p> 
<p>8. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets &amp; Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>	<p>9. 9:15 Chat &amp; Chew 10:00 Unit Meeting 10:45 Christmas Market Outing (registration required) 12:30 VCC Learning Lab 1:30 Brain Training</p> 	<p>10. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter &amp; Friends 1:15 Baking with Friends 3:00 Music Therapy with Min</p> 	<p>11. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:00 Christmas Lunch!</p> <p><i>Clubhouse Closed Early at 2:45</i></p>	<p>12. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Creative Writing 1:15 Seasonal Lattes</p> 
<p>15. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets &amp; Friends 1:15 Holiday Crafts 1:30 Music Jam with Min 2:00 Bosnian Coffee</p> 	<p>16. 9:15 Chat &amp; Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!</p> 	<p>17. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Carols and Sing-along with Min</p>	<p>18. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:30 Christmas Movie</p> 	<p>19. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Creative Writing 1:00 MP Community Centre (badminton, basketball, etc.)</p> 
<p>22. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets &amp; Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>	<p>23. 9:15 Chat &amp; Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans!</p> 	<p>24. <i>Open until 2:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Collage College 3:00 Music Therapy with Min</p>	<p>25. 26.</p>  <p><b>HAPPY HOLIDAYS</b></p> 	
<p>29. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets &amp; Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee</p>	<p>30. 9:15 Chat &amp; Chew 10:00 Unit Meeting 11:00 Music Bingo 1:30 Brain Training 3:00 Pooligans!</p> 	<p>31. <i>Open until 2:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Karaoke 3:00 Music Therapy with Min</p>	<p>Want to become a member? Please attend: <b>Clubhouse Info Session</b> Wednesdays at 10:30</p>  <p><b>BECOME A MEMBER</b></p> <p>295 E 11<sup>th</sup> Ave, Vancouver, BC</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 <b>Member's line:</b> 604.675.2362 Fax: 604 675 2375</p>

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

# GUIDE TO CALENDAR ACTIVITIES

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

Chess Mates: **Let's play chess! All skill levels welcome!**

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

World Travellers: **Let's talk and watch videos about travel destinations or share stories from places we've been**

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

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!

Christmas Decorating: Let's decorate the Clubhouse together for the holidays 😊

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