
















November 2021 COAST CLUBHOUSE ACTIVITIES for Members

In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills. Clubhouse opens Monday to Friday 8:30 to 3:45 except cleaning day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Walking group 10.00 Unit Meeting 1.30 Art 1:30 Community kitchen 	2 Student led games day! 9:15 Chat & Chew 10.00 Unit Meeting 10:15 Seated Exercise with O! 	3 9:15 Ted Talks 10.00 Unit Meeting 10:30 Peter Plays 1:15 Resume Writing Workshop	4 9:15 Meditation 10.00 Unit Meeting 10:45 Mandala 1:30 Social/Communication group	5 EXTENDED HOURS 5.45PM 9:15 News & Views 10.00 Unit Meeting 11:00 December planning meeting 3.00-5.00-Peer Support Workers on site for Music Session(s) 
8 9:15 Walking group 10.00 Unit Meeting 10:30 Seated Yoga 1.30 Art 	9 9:15 Chat & Chew: 10.00 Unit Meeting 11:00 Focus meeting	10 Self Care day with students! 9:15 Ted Talks 10.00 Unit Meeting 1:30 Community kitchen	11 	12 EXTENDED HOURS 5.45PM 9:15 News & Views 10.00 Unit Meeting 10:30 Outing (tbd) 3.00-5.00-Peer Support Workers on site for Music Session(s)
15 9:15 Walking group 10.00 Unit Meeting 10:30 Seated Exercise 1.30- Art 	16 CLEANING DAY!  LET'S SANITIZE TOGETHER & MAINTAIN PHYSICAL SPACE 10:00 Task choice 11:30 Lunch 12:30 CLOSED 	17 Self Care day with students! 9:15 Ted Talks 10.00 Unit Meeting CHEQUE ISSUE DAY  	18 9:15 Meditation 10.00 Unit Meeting 10:45 Mandala 1:30 Social/Communication	19 EXTENDED HOURS 5.45PM 9:15 News & Views 10.00 Unit Meeting 1:30 Movie 3.00-5.00-Peer Support Workers on site for Music Session(s) 
22 9:15 Walking group 10.00 Unit Meeting 10:30 Seated Yoga  1.30 Art	23 Self care/ Games day with students! 9:15 Chat & Chew 10.00 Unit Meeting	24 9:15 Ted Talks 10.00 Unit Meeting 10:30 Peter Plays 1:30 Community Kitchen	25 9:15 Healthy Living 10.00 Unit Meeting 10:45 Mandala 1:30 Social/Communication Group	26 EXTENDED HOURS 5.45PM 10.00 Unit Meeting 10.30 Outing TBD 3.00-5.00-Peer Support Workers on site for Music Session(s)
29 9:15 Walking group 10.00 Unit Meeting 10:30 Seated Exercise  1.30 Art	30 9:15 Chat & Chew 10.00 Unit Meeting 11:00 Community Meeting	31 9:15 Ted Talks 10.00 Unit Meeting 1:30 Community kitchen 	COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph: 604.675.2357 	UNIT MEETINGS: 10am Everyday Come join us – task sign up, group check in and COFFEE! CLUBHOUSE CLOSES @ 3:45 Except Cleaning Day @ 12:30