



APRIL 2026

Calendar

YOUNG ADULT Program

Young Adult Program @ Clubhouse

295 East 11th Ave.

email address: youngadults@coastmentalhealth.com

YA Program Direct : 236-982-7921

Clubhouse Reception : 604-675-2357



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM
		1	2	3	4	5
		10:00 AM - Food Sustainability 1:00 PM - MEMBERS MEETING 3:00 PM - Community Kitchen	10:00 AM - Gym & Rec Center 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	 Good Friday	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games
6	7	8	9	10	11	12
 Easter Monday	10:00 AM - Coffee & Conversations 11:00 AM - Brain Training 1:00 PM - Cherry Blossom Adventure 3:00 PM - Community Kitchen	10:00 AM - Food Sustainability 12:30 PM - RABBLE ROUSERS 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Gym & Rec Center 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Café Adventure & Wellness Walks 1:00 PM - OPEN GYM - YA x CH 3:00 PM - Community Kitchen	10:00 AM - Breakfast 12:00 PM - Music Therapy 2:00 PM - Karaoke & Indoor Games	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games
13	14	15	16	17	18	19
10:00 AM - Healthy Living 11:00 AM - Pets & Friends 1:00 PM - Healing thru art 3:00 PM - Community Kitchen	10:00 AM - Coffee & Conversations 11:00 AM - Brain Training 1:00 PM - Pacific Spirit Park 3:00 PM - Community Kitchen	10:00 AM - Food Sustainability 12:30 PM - RABBLE ROUSERS 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Gym & Rec Center 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Café Adventure & Wellness Walks 1:00 PM - Creative Writing 3:00 PM - Community Kitchen	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games
20	21	22	23	24	25	26
10:00 AM - Healthy Living 11:00 AM - Pets & Friends 1:00 PM - D&D 3:00 PM - Community Kitchen	10:00 AM - Coffee & Conversations 11:00 AM - Brain Training 1:00 PM - Pitch & Putt 3:00 PM - Community Kitchen	10:00 AM - Food Sustainability 12:30 PM - RABBLE ROUSERS 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Gym & Rec Center 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Café Adventure & Wellness Walks 1:00 PM - OPEN GYM - YA x CH 3:00 PM - Community Kitchen	10:00 AM - Breakfast 12:00 PM - Music Therapy 2:00 PM - Karaoke & Indoor Games	10:00 AM - Breakfast 12:00 PM - Wellness Walks 2:00 PM - Karaoke & Indoor Games
27	28	29	30	TRAININGS:		
10:00 AM - Healthy Living 11:00 AM - Pets & Friends 1:00 PM - Indigenous Art Sessions 3:00 PM - Community Kitchen	10:00 AM - Coffee & Conversations 11:00 AM - Brain Training 1:00 PM - Bowling 3:00 PM - Community Kitchen	10:00 AM - Food Sustainability 12:30 PM - RABBLE ROUSERS 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	10:00 AM - Gym & Rec Center 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	FOOD SAFE		: April 10 @ 10 am - 4 pm
				FIRST AID		: April 27 @ 9 am - 5 pm

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.