

COAST YOUNG ADULT PROGRAM CALENDAR JANUARY

NEW

HOURS

MON 9AM 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
 CLUBHOUSE CLOSED	10:00AM - Coffee Outing 11:00AM - Brain Training Winter Extravaganza 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Early Close	11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Bake Off!!! 6:00PM - Theatre Sports Group	11:00AM - Bowling 1:00PM - 7:00PM - Talk to a Counsellor 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 1:30PM - Art Room @ RC 2:30PM - Board Games 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Rec Room
11:00AM - Food Sustainability 1:30PM - Group Music Therapy 2:30PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group	10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy	11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	11:00AM - Fly Over Canada 1:00PM - Arts and Crafts 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Wellness Chat & Chew 1:30PM - Outdoor Adventure 2:00PM - Rabble Rousers 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Billiards @ Yaletown
10:30AM - Morning Tea & Snack 1:30PM - Group Music Therapy 2:30PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group	10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:30PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy	11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	11:00AM - BC Sports Hall of Fame 1:00PM - 7:00PM - Talk to a Counsellor 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 1:30PM - Art Room @ RC 2:30PM - Board Games 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Metrotown
11:00AM - Food Sustainability 1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group	10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy	11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	11:00AM - Aberdeen Lunar New 1:00PM - Arts and Crafts 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Library Outing 1:30PM - Outdoor Adventure 2:00PM - Rabble Rousers 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Granville Island
10:30AM - Morning Tea & Snack 1:30PM - Group Music Therapy 2:00PM - Community Kitchen 3:00PM - 1:1 Music Therapy 4:30PM - Wellness Group	10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Expressive Arts Therapy	11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	10:30AM - Outing TBD 1:00PM - 7:00PM - Talk to a Counsellor 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 1:30PM - Art Room @ RC 2:30PM - Board Games 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Manager: 778-222-5246 YA Members Phone: 236-982-7921 Call for Intake

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE