

COAST YOUNG ADULT PROGRAM CALENDAR MARCH

NEW

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
	MARCH					
			1	2	3	4
			11:00AM - Wellness Group 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - BAKE OFF!!! 6:00PM - Theatre Sports Group	10:30AM - Coffee & Snacks 1:00PM - Lonsdale Quay 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 1:30PM - Letter Cut Out Art 2:00PM Neighbourhood Walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Trivia Extravaganza & Snacks
	6	7	8	9	10	11
	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 4:00PM - 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 - Coffee & Snacks 1:30PM - Bill Reid Gallery 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Wellness Chat & Chew 2:00PM - Rabble Rousers 2:00PM - Neighbourhood walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Bubble Tea Outing
	13	14	15	16	17	18
	10:30AM - Morning Tea & Meditation 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 4:00PM - 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 - Coffee & Snacks 1:00PM - English Bay & Ice Cream 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 12:00PM-Clubhouse BBQ 2:00PM - St. Patricks Day Crafts 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Trivia Extravaganza & Snacks
	20	21	22	23	24	25
	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 4:00PM - 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 - Coffee & Snacks 1:00PM - Metrotown 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Library Outing 2:00PM - Rabble Rousers 2:00PM - Neighbourhood walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	11:00AM - Brunch Community Kitchen 1:00PM- Theatre Sports Group 3:00PM - Billiards
	27	28	29	30	31	
	10:30AM - Morning Tea & Meditation 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 4:00PM - 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 - Coffee & Snacks 1:00PM - Mini Golf 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	10:30AM - Food Sustainability 1:30PM - Marker Art 2:00PM - Neighbourhood Walk 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