

COAST YOUNG ADULT PROGRAM CALENDAR MAY

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
1 11:00AM - Outdoor Activity 1:30PM - DBT Survival Skills 3:00PM - Community Kitchen 4:30PM - Wellness Group	2 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Arts & Crafts	3 10:30AM - Bowling 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - BAKE OFF !!!! 6:00PM - Theatre Sports Group	4 10:30AM - Museum of Vancouver 1:00PM - Board Games 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	5 10:30AM - Food Sustainability 11:30AM - Clubhouse BBQ 2:00PM - Rabble Rousers 2:00PM - Neighbourhood Walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	6 11:00AM - Brunch Community Kitchen 1:00PM - Bubble Tea Walk 3:00PM - Arts, Crafts & Video Games
8 11:00AM - Outdoor Activity 1:30PM - DBT Survival Skills 3:00PM - Community Kitchen 4:30PM - Wellness Group	9 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Arts & Crafts	10 10:30AM - Bowling 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	11 10:30AM - Morning Coffee & Snack 1:00PM - Aberdeen Mall 1:00PM - Board Games 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	12 10:30AM - Food Sustainability 2:00PM - Rabble Rousers 2:00PM - Neighbourhood Walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	13 11:00AM - Brunch Community Kitchen 1:00PM - Trivia Extravaganza 3:00PM - Arts, Crafts & Video Games
15 11:00AM - Outdoor Activity 1:30PM - DBT Survival Skills 3:00PM - Community Kitchen 4:30PM - Wellness Group	16 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Arts & Crafts	17 10:30AM - Bowling 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	18 10:30AM - Granville Island 1:00PM - Board Games 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	19 10:30AM - Food Sustainability 2:00PM - Rabble Rousers 2:00PM - Neighbourhood walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	20 11:00AM - Brunch Community Kitchen 1:00PM - Billiards (Pool) 3:00PM - Arts, Crafts & Video Games
22  CLUBHOUSE CLOSED	23 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Arts & Crafts	24 10:30AM - Bowling 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	25 10:30PM - Morning Coffee & Snack 1:00PM - VanDusen Garden 1:00PM - Board Games 3:00PM - Music Therapy 4:00PM - 30 Min Meals 5:00PM - Music Appreciation	26 10:30AM - Food Sustainability 2:00PM - Rabble Rousers 2:00PM - Neighbourhood Walk 4:00PM - Snack Attack 5:00PM - Movie @ YA Space	27 11:00AM - Brunch Community Kitchen 1:00PM - Trivia Extravaganza 3:00PM - Arts, Crafts, & Video Games
29 11:00AM - Outdoor Activity 1:30PM - DBT Survival Skills 3:00PM - Community Kitchen 4:30PM - Wellness Group	30 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Hillcrest Rec Centre 4:00PM - Eating Healthy Snack 6:00PM - Arts & Crafts	31 10:30AM - Bowling 1:30PM - Writing Group 2:30PM - Brain Training 4:00PM - Baking 6:00PM - Theatre Sports Group	<p>YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Direct 778-222-5246 Clubhouse Reception 604-675-2357 Call for Intake</p> 		

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE