

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Want to become a member? Please attend: Clubhouse Info Session Wednesdays at 10:30</p>  <p>295 E 11th Ave, Vancouver, BC</p>	<p>Front Desk: 604.675.2357 Communications Unit: 604.675.2355 Environmental Unit: 604.675.2361 Young Adult Program: 604.675.2351 Member's line: 604.675.2362 Fax: 604 675 2375 Transitional Employment Program: 604.675.2340</p>		<p>1. CLOSED ON New Year's Day</p>	<p>2. 9:15 New Year's Resolutions! 10:00 Unit Meeting 11:00 Computer Learning 1:00 Creative Writing</p> 
<p>5. National Bird Day 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Trivia: Name That Bird! 2:00 Bosnian Coffee</p> 	<p>6. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans!</p> 	<p>7. Open until 5:45 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Collage College 3:00 Music Therapy with Min</p>	<p>8. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Walking Group 1:15 Baking with Friends</p> 	<p>9. CLEANING DAY <i>Many hands make light work!</i> 9:00-11:30 Task Choice & Cleaning 11:30 Pizza Lunch</p>  <p><i>Clubhouse closed at 12:30</i></p>
<p>12. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 2:00 Bosnian Coffee</p>	<p>13. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Community Meeting 1:30 Brain Training 3:00 Pooligans!</p>	<p>14. Open until 5:45 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Chess Mates 1:30 Karaoke 3:00 Music Therapy with Min</p> 	<p>15. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Walking Group</p> 	<p>16. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre <i>(pickleball, basketball, etc.)</i></p> 
<p>19. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 2:00 Bosnian Coffee</p> 	<p>20. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans!</p>	<p>21. Open until 5:45 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Let's Talk about Mental Health 1:30 Collage College 3:00 Music Therapy with Min <i>Income assistance payment day</i></p> 	<p>22. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Bowling Outing <i>(register with staff)</i> 1:00 Walking Group</p>	<p>23. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Creative Writing</p> 
<p>26. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 2:00 Bosnian Coffee</p> 	<p>27. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Music Bingo 1:30 Brain Training 3:00 Pooligans!</p> 	<p>28. Open until 5:45 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Karaoke 3:00 Music Therapy with Min</p> 	<p>29. 9:15 Healthy Living 10:00 Unit Meeting 1:00 Walking Group 10:30 Brain Training 1:15 Baking with Friends</p> 	<p>30. Birthday Treat 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre <i>(pickleball, basketball, etc.)</i></p> 

GUIDE TO CALENDAR ACTIVITIES

Unit Meeting: Daily check-in with members and staff, pick a volunteer task to help the Clubhouse

Community Meeting: Bring your ideas and opinions to the Clubhouse! Learn about upcoming special events with the Communications, Enviro, Food Service, and Employment Units

Clubhouse Info Session: Do you know someone who would like to become a member of the Clubhouse? Tell them to sign up to come to the info session Wednesday mornings

Mt. Pleasant Community Centre: Young Adult Program and Clubhouse members can play basketball, pickleball or other sports in the Mt. Pleasant Community Centre gymnasium

Peter & Friends: Come enjoy the lovely piano playing of Peter twice a month

Chess Mates: Let's play chess! All skill levels welcome!

Creative Writing: Group activity with writing activities and exercises

Music Therapy with Min: Sing or play an instrument with Music Therapist Min. All skill levels welcome!

Brain Training: Exercise your brain with these fun and interactive games and activities!

Bosnian Coffee: Try the traditional coffee of Bosnia and have a chat with other members and staff

World Travellers: Let's talk and watch videos about travel destinations or share stories from places we've been

Baking with Friends: Join us in our Clubhouse kitchen and let's make something tasty!

What's Cooking: Learn to cook something in our Clubhouse kitchen and eat or share what you make!

Walking Group: Take a walk with staff and other members around the neighbourhood. Suggest where to go!

Music Bingo/Classic Bingo: Test your song knowledge or play Bingo and win prizes!

World Travellers: Come watch travel videos and share travel stories

Zumba!: Come learn some Latin inspired dance moves!

Collage College: Interested in flexing your creative muscles? Come help us make collages from magazines to create beautiful works of art

Painting Class: Learn to paint together from each other or from an online video!

Healthy Living: Read an article or watch a video and discuss together to learn how to live healthier lives

Pooligans!: Let's play a game of pool on the Clubhouse pool table!

Computer Learning: Let's learn how to use computers or the internet! Bring your questions about computers and technology

Birthday Treat: If your birthday was this month lunch is free and everyone else gets a treat too!

Chair Yoga: Start your day with a burst of energy! No equipment needed just bring yourself and a willingness to move!

Pets & Friends: Come hang out with Pets & Friends volunteer and their dog, Jasper 😊

If you have any ideas or suggestions for activities on the Calendar, please come to the Community Meeting or talk with staff!