
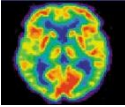








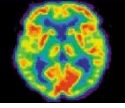
















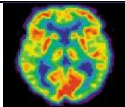








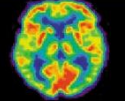




January 2023 COAST CLUBHOUSE ACTIVITIES for Members

In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills. Clubhouse opens M,T,Wed,Th,Fri **8:00 to 3:45**, except **Wed: 5:45**

***Activities dates and times maybe subject to change4**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>2.</p>  | <p>3.</p> <p>9:15 Chat & Chew 10:00 Unit Meeting 10:30 NY Resolutions 1:30 Brain Training</p>   | <p>4.</p> <p>9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Art with Karen 2:45 Sing Along W Janelle 3:00 Creative Circle with Doug 4:30 Spagh4etty dinner</p>   <p>NATIONAL SPAGHETTI DAY</p> | <p>5.</p> <p>9:15 NY Resolutions 10:00 Unit Meeting 10:45 Mandala 2:00Brain Training</p>  | <p>6.</p> <p>9:15 News & Views 10:00 Unit Meeting 10:00 OUTING 11:00 Planning meeting 2:30 Games</p>   |
| <p>9.</p> <p>9:15 Walking group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian coffee</p>   | <p>10.</p> <p>9:15 Chat & Chew 10:00 Community meeting 10:30 NY Resolutions 1:30 Brain Training</p>   | <p>11.</p> <p>9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 Art with Karen 2:45 Sing Along W Janelle 3:00 Creative Circle with Doug 4:30 Snack time</p>   | <p>12.</p> <p>9:15 NY Resolutions 10:00 Unit Meeting 10:45 Mandala 2:00Brain Training</p>  | <p>13.</p> <p>9:15 News & Views 10:00 Unit Meeting 2:30 Games</p>   |
| <p>16.</p> <p>9:15 Walking group 9:30 Brekfast Club 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnaian Coffee</p>   | <p>17.CLEANING DAY</p> <p>LET'S SANITIZE TOGETHER!</p> <p>10:00 Task choice 11:30 Lunch 12:30 CLOSED</p>  | <p>18.CEQUE ISSUE DAY</p> <p>9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Art with Karen 2:45 Sing Along W Janelle 3:00 Creative Circle with Doug 4:30 Snack Time</p>   | <p>19.</p> <p>9:15 NY Resolutions 10:00 Unit Meeting 10:45 Mandala 2:00 Brain Training</p>  | <p>20.</p> <p>9:15 News & Views 10:00 Unit meeting 10:00 OUTING 2:30 Games</p>   |
| <p>23.</p> <p>9:15 Walking group 9:30 Workshop: Job Op 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian Coffee</p>   | <p>24.</p> <p>9:15 Chat & Chew 9:30 Workshop: Job Op 10:00 Unit Meeting 10:30 NY Resolutions 1:30 Brain Training</p>   | <p>25.</p> <p>9:15 Ted Talks 9:30 Workshop: Job Op 10:00 Unit Meeting 10:30 Peater & Friends 10:30 Clubhouse Info Session 1:00 Art with Karen 2:45 Sing Along W Jasnelle 3:00 Creative Circle with Doug 4:30 Snack time</p>   | <p>26.</p> <p>9:15 NY Resolutions 10:00 Unit Meeting 10:45 Mandala 2:00 Brain Training</p>  | <p>27.</p> <p>9:15 News & Views 9:30 Workshop: Job Op 10:00 Unit Meeting</p> <p>STAFF NEW YEAR CELEBRATION (TBA)</p>   |
| <p>30.</p> <p>9:15 Walking group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian Coffee</p>   | <p>31.</p> <p>9:15 Chat & Chew 10:00 Unit Meeting 10:30 NY Resolutions 1:30 Brain Training</p>   | | <p>Front Desk: 604.675.2357 Manager: 604.675.2350 Communication: 604.675.2355 Food Services: 604.675.2360 Young Adults: 604.675.2351 Member's line:604.675.2362 Fax: 604 675 2375</p> | <p>COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph: 604.675.2357</p>  <p>Interested in becoming a member! Call us today! 604.675.235</p> |