

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Want to become a member? Please attend:</p> <div>  <p>Clubhouse Info Session Wednesdays at 10:30</p> </div> <p>295 E 11th Ave, Vancouver, BC</p>	<div>   </div>	<p>2.</p> <p>9:30 Zumba</p> <p>10:00 Unit Meeting</p> <p>10:30 Clubhouse Info Session</p> <p>10:30 Peter & Friends</p> <p>1:30 Karaoke</p> <p>3:00 Music Therapy with Min</p> <p>Open until 5:45</p> 	<p>3.</p> <p>9:15 Healthy Living</p> <p>10:00 Unit Meeting</p> <p>10:30 Brain Training</p> <p>11:00 Chess with Joel</p> <p>1:15 What's Cooking?</p> 	<p>4.</p> <p>9:15 World Travellers</p> <p>10:00 Unit Meeting</p> <p>11:00 Computer Learning</p> <p>1:00 Garden Group</p> <p>1:00 Seasonal Iced Lattes</p> <p>1:30 Walk to the Park</p> <p>2:00 Board Games</p>  
<p>7.</p> <p>9:30 Chair Yoga</p> <p>10:00 Unit Meeting</p> <p>10:30 Colouring</p> <p>11:00 Walking Group</p> <p>1:00 Painting Class</p> <p>1:30 Music Jam with Min</p> <p>2:30 Bosnian Coffee</p>  	<p>8.</p> <p>9:15 Chat & Chew</p> <p>10:00 Unit Meeting</p> <p>11:00 Tuesday Trivia</p> <p>1:30 Brain Training</p> <p>3:00 Pooligans!</p>	<p>9.</p> <p>9:30 Zumba</p> <p>10:00 Unit Meeting</p> <p>10:30 Clubhouse Info Session</p> <p>1:30 Collage Group</p> <p>3:00 Music Therapy with Min</p> <p>Open until 5:45</p>  	<p>10.</p> <p>9:15 Healthy Living</p> <p>10:00 Unit Meeting</p> <p>10:30 Brain Training</p> <p>11:00 Chess with Joel</p> <p>1:15 Baking with Friends</p> 	<p>11.</p> <p>9:15 World Travellers</p> <p>10:00 Unit Meeting</p> <p>11:00 Resume Writing</p> <p>1:00 Garden Group</p> <p>1:00 Coast Post Meeting</p> <p>1:30 Walk to the Park</p>
<p>14.</p> <p>9:30 Chair Yoga</p> <p>10:00 Unit Meeting</p> <p>10:30 Colouring</p> <p>11:00 Walking Group</p> <p>1:00 Painting Class</p> <p>1:30 Music Jam with Min</p> <p>2:30 Bosnian Coffee</p>  	<p>15.</p> <p>9:15 Chat & Chew</p> <p>10:00 Unit Meeting</p> <p>1:30 Brain Training</p> <p>3:00 Pooligans!</p>  	<p>16.</p> <p>9:30 Zumba</p> <p>10:00 Unit Meeting</p> <p>10:30 Clubhouse Info Session</p> <p>10:30 Peter & Friends</p> <p>1:30 Karaoke</p> <p>3:00 Music Therapy with Min</p> <p>Open until 5:45</p> 	<p>17.</p> <p>9:15 Healthy Living</p> <p>10:00 Unit Meeting</p> <p>10:30 Brain Training</p> <p>11:00 Chess with Joel</p>  	<p>18.</p> <p><u>Annual Clubhouse Picnic/ BBQ Trout Lake</u></p> <p>9:15 World Travellers</p> <p>10:00 Unit Meeting</p>  
<p>21.</p> <p>9:30 Chair Yoga</p> <p>10:00 Unit Meeting</p> <p>10:30 Colouring</p> <p>11:00 Walking Group</p> <p>1:00 Painting Class</p> <p>1:30 Music Jam with Min</p> <p>2:30 Bosnian Coffee</p>  	<p>22.</p> <p>CLEANING DAY</p> <p>Clubhouse Closed at 12:30</p>	<p>23.</p> <p>CHEQUE ISSUE DAY</p> <p>9:30 Zumba</p> <p>10:00 Unit Meeting</p> <p>10:30 Clubhouse Info Session</p> <p>1:30 Collage Group</p> <p>3:00 Music Therapy with Min</p> <p>Open until 5:45</p>  	<p>24.</p> <p>9:15 Healthy Living</p> <p>10:00 Unit Meeting</p> <p>10:30 Brain Training</p> <p>11:00 Job Skills Training</p> <p>1:15 Baking with Friends</p>  	<p>25.</p> <p>9:15 World Travellers</p> <p>10:00 Unit Meeting</p> <p>10:45 Outing to Kits Pool</p> <p>(registration required)</p> <p>1:00 Garden Group</p> <p>1:00 Seasonal Iced Lattes</p> <p>2:00 Board Games</p>  
<p>28.</p> <p>9:30 Chair Yoga</p> <p>10:00 Unit Meeting</p> <p>10:30 Colouring</p> <p>11:00 Walking Group</p> <p>1:00 Painting Class</p> <p>1:30 Music Jam with Min</p> <p>2:30 Bosnian Coffee</p>  	<p>29.</p> <p>9:15 Chat & Chew</p> <p>10:30 Community Meeting</p> <p>1:30 Brain Training</p> <p>3:00 Pooligans!</p> 	<p>30.</p> <p>9:30 Zumba</p> <p>10:00 Unit Meeting</p> <p>10:30 Clubhouse Info Session</p> <p>1:30 Karaoke</p> <p>3:00 Music Therapy with Min</p> <p>Open until 5:45</p>  	<p>31.</p> <p>9:15 Healthy Living</p> <p>10:00 Unit Meeting</p> <p>10:30 Brain Training</p> <p>11:00 Chess with Joel</p> 	<p>Front Desk: 604.675.2357</p> <p>Communication Unit: 604.675.2355</p> <p>Environmental Unit: 604.675.2361</p> <p>Transitional Employment Program: 604.675.2340</p> <p>Young Adult Program: 604.675.2351</p> <p>Member's line: 604.675.2362</p> <p>Fax: 604 675 2375</p>

GUIDE TO CALENDAR ACTIVITIES

** Calendar activities may be subject to change * In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills.*

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

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

Walk to the Park: Take a walk to one of our local parks to play games, hang with friends, or just relax in the grass!

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

Seasonal (Iced) Lattes: Let's make some spring iced lattes and enjoy some conversation!

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!

Trivia Tuesday: Come play a game of trivia!

Resume Workshop: Members can attend a workshop about resume writing or get support from staff to work on their resumes/send them to job applications.

World Travellers: Come watch travel videos and share travel stories

Zumba!: Come learn some Latin inspired dance moves!

Collage Group: 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

Garden Group: Plant veggies or flowers in our garden boxes and help trim and water

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!



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