



June 2025 COAST MENTAL HEALTH Clubhouse Activities Calendar



In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills. **Opening hours:** Monday to Friday 8:00 - 3:45 except Wednesday 8:00 - 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:30 Bosnian Coffee   	3. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30-2:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	4. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i>  	5. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 12:30-2:30 VCC Learning Lab 1:15 What's Cooking?  	6. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:00 Garden Group 1:00 Seasonal Iced Lattes 1:30 Picnic in the Park 2:00 Board Games  
9. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:30 Bosnian Coffee   	10. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30-2:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans!  	11. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i>   	12. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 12:30-2:30 VCC Learning Lab 1:15 Baking with Friends  	13. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:00 Garden Group 1:00 Coast Post Meeting 1:30 Picnic in the Park  
16. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:30 Bosnian Coffee   	17. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Community Meeting 12:30-2:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	18. 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i>  	19. **BBQ Day** 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 12:30-2:30 VCC Learning Lab  	20. 9:15 Indigenous Peoples Short Films 10:00 Unit Meeting 10:45 Outing to VanDusen Gardens <i>(registration required)</i> 1:00 Garden Group 2:00 Board Games   
23. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:30 Bosnian Coffee   	24. **Cleaning Day** <i>Many hands make light work!</i> 10:00 Task Choice 11:30 Pizza Lunch! <i>Clubhouse closed at 12:30</i> 12:30-2:30 VCC Learning Lab 	25. <i>CHEQUE ISSUE DAY</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Karaoke 3:00 Music Therapy with Min <i>Open until 5:45</i>  	26. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Chess with Joel 12:30-2:30 VCC Learning Lab 1:15 Baking with Friends 	27. 9:15 News & Views 10:00 Unit Meeting 1:00 Garden Group 1:00 Seasonal Iced Lattes 1:30 Picnic in the Park 2:00 Board Games  
30. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:00 Painting Class 1:30 Music Jam with Min 2:30 Bosnian Coffee  	Want to become a member? Please attend: Clubhouse Info Session Wednesdays at 10:30 295 E 11 th Ave, Vancouver, BC Fax: 604 675 2375	Front Desk: 604.675.2357 Communication Unit: 604.675.2355 Environmental Unit: 604.675.2361 Transitional Employment Program: 604.675.2340 Young Adult Program: 604.675.2351 Member's line: 604.675.2362	   	

GUIDE TO CALENDAR ACTIVITIES

** Calendar activities may be subject to change **

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 a bout 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

VCC Learning Lab: Work at your own pace with a supportive VCC instructor at the Clubhouse to learn basic math, reading, and writing. Please attend drop-in sessions to register!

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.

News & Views: Let's talk about current events!

Zumba!: Come learn some Latin inspired dance moves!

Drawing Class: Interested in learning how to draw? Come to drawing class and learn the basics together!

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!