



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee 	2. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 	3. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Karaoke 2:30 Music Therapy with Min 	4. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Pool Outing 12:30 VCC Learning Lab 1:30 Tea and Talk 	5. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 OUTING: False Creek Ferries Tour and Granville Island 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre (pickleball, basketball, etc.) 	
8. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee 	9. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Community Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 	10. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Collage College 2:30 Music Therapy with Min 	11. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Pool Outing 12:30 VCC Learning Lab 1:15 Cooking Group 	12. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Creative Writing 	
15. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee 	16. CLEANING DAY 9:00-11:30 Task Choice and Cleaning 11:30 Pizza Lunch! <i>Closed at 12:30</i>  	17. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Garden Group 1:30 Karaoke 2:30 Music Jam! 	18. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Pool Outing 1:30 Tea and Talk 	19. 9:15 Indigenous Peoples Short Films 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre (pickleball, basketball, etc.) 	
22. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee 	13. 9:15 Healthy Breakfast 10:00 Task Free Day! 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 	24. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Collage College 2:30 Music Therapy with Min <i>Income assistance payment day</i>	25. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Pool Outing 1:15 Baking with Friends 	26. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Creative Writing 	
29. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee 	30. 9:15 Chat & Chew 10:00 Unit Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 			Want to become a member? Please attend: Clubhouse Info Session Wednesdays at 10:30 	
				295 E 11th Ave, Vancouver, BC	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

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

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

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

VCC Learning Lab: Work on English (reading and writing) and/or basic math in an individualized work plan with a supportive VCC instructor. Registration required for April to June semester

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

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

Healthy Breakfast: Share a healthy breakfast of oatmeal and fruits!

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

Guided Meditation: Practice calmness by following a guided meditation audio

Pool Outing: Go for a swim or hot tub at either Hillcrest Community Center or YWCA Pool

Running Club: Members of all experience and skill are welcome!

Settlers of Catan: Let's have a game of Settlers of Catan or another one of board games or card games!

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

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

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

Cleaning Day: Support the Clubhouse by cleaning and organizing! Let's work together on seasonal or new tasks in addition to our regular daily tasks

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

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 Jasper the dog from Pets & Friends 😊

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

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