











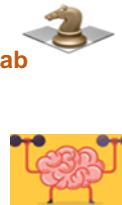




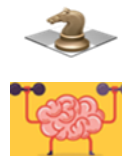






MARCH 2024 COAST CLUBHOUSE ACTIVITIES for Members



In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills. Clubhouse opens (M,T,Th,Fri 8:00 to 3:45) except Wed we stay open until 5:45pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph: 604.675.2357</p>  <p>Interested in becoming a member! Call us today! 604.675.2357</p>	<p>Want to Become a member? Join us for a <u>Clubhouse Info Sessions</u> Wednesday at 10:30AM. For Intakes or Info session Questions. Please Call: 604.675.2360</p>	<p>Front Desk: 604.675.2357 Manager: 604.675.2350 Intakes:604.675.2360 Communication Unit: 604.675.2355 Environmental Unit:604.675.2361 TEP Temporary Employment Unit: 604.675.2340 Young Adults: 604.675.2351 Member's line:604.675.2362 Fax: 604 675 2375</p>		<p>1. 9:15 News & Views 10:00 Unit Meeting 11:00 Computer Learning 1:00 Garden Group 1:00 Ping Pong 1:30 Pooligans</p> 
<p>4. 9:15 Walking Group 10:00 Unit Meeting 11:00 Music Bingo 1:00 Painting Class 2:00 Bosnian Coffee</p> 	<p>5. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Chess With Joel 11:00 Tuesday Trivia 12:30-2:30pm VCC Learning Lab 1:00 VPL Display Project 1:30 Brain Training</p> 	<p>6. 9:15 Ted Talks 10:00 Unit Meeting 10:15 Lets go to VCC 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 What's Cooking 1:00 Karaoke 2:45 Music Therapy with Min 5:45 CLOSE</p> 	<p>7. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Chess With Joel 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:30 Brain Training</p> 	<p>8. 9:15 News & Views 10:00 Unit Meeting 10:30 Coloring Biodiversity Museum Outing <i>(Meeting up at clubhouse at 11:00 am)</i> Registration Required-Talk to staff</p> 
<p>11. 9:15 Walking Group 10:00 Unit Meeting 10:45 VPL Hangout 11:00 Music Bingo 2:00 Bosnian Coffee</p> 	<p>12. CLEANING DAY LET'S SANITIZE TOGETHER! 10:00 Task choice 11:30 Lunch 12:30 CLOSED</p> 	<p>13. 9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 What's Cooking 1:00 Karaoke 2:45 Music Therapy with Min 5:45 CLOSE</p> 	<p>14. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Chess With Joel 10:45 Mandala 11:00 Classic Bingo 1:00 Swimming Group 12:30-2:30pm VCC Learning Lab 1:30 Brain Training</p> 	<p>15. 9:15 News & Views 9:30 Workshop - Job Opportunities 10:00 Unit meeting 11:00 Computer Learning 1:00 Garden Group 1:00 Ping Pong 1:30 Pooligans</p> 
<p>18. 9:15 Walking Group 10:00 Unit Meeting 10:30 Coloring 11:00 Music Bingo 2:00 Bosnian Coffee</p> 	<p>19. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Chess with Joel 12:30-2:30pm VCC Learning Lab 1:00 VPL Display Project 1:30 Brain Training</p> 	<p>20. CHEQUE ISSUE DAY 9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 What's Cooking 1:00 Karaoke 2:30 Stand up for Mental Health 5:45 CLOSE</p> 	<p>21. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Chess With Joel 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:00 Swimming Group 1:30 Brain Training</p> 	<p>22. 9:15 News & Views 10:00 Unit meeting 11:00 Computer Learning 12:00 Spring BBQ Lunch + Music 1:30 Pooligans 2:30 Board Games</p> 
<p>25. 9:15 Walking Group 10:00 Unit Meeting 10:30 Environmental Jeopardy 11:00 Music Bingo 1:00 Painting Class 2:00 Bosnian Coffee 2:00-6:00 BSW Training*Sign-Up is required.</p> 	<p>26. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Chess with Joel 11:00 Tuesday Trivia 12:30-2:30pm VCC Learning Lab 1:00 VPL Display Project 1:30 Brain Training 2:00-6:00 BSW Training*Sign-Up is required.</p> 	<p>27. 9:15 Ted Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 What's Cooking 1:00 Karaoke 2:45 Music Therapy with Min 2:00-6:00 BSW Training*Sign-Up is required. 5:45 CLOSE</p> 	<p>28. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Chess With Joel 10:45 Mandala 12:30-2:30pm VCC Learning Lab 1:30 Brain Training 2:00-6:00 BSW Training*Sign-Up is required.</p> 	<p>29. </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

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

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

Lets go to VCC: Come to VCC to learn about their FREE adult education Program.

VCC Learning Lab: VCC instructor come to the space and support you in completing a course of your choice in (Reading, writing and basic Math).

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

Baking With Friends: Join us in our Clubhouse kitchen and lets make a treat for Valentine's Day.

What's Cooking?! Learn to bake or 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!

VPL Hangout: Learn about all the services and events going on at the Vancouver Public Library. Free books and DVD's to keep!

VLP Display Project: Lets showcase our artwork and let others know how what the clubhouse its all about by creating a poster board for the VLP display.

Intro to Enviro Unit: Join to learn about how you can help the Clubhouse and learn new skills in the Environmental Unit!

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

Trivia Tuesday: Come play a game of trivia!

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

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

New Ideas and Discussion: Watch a TED talk, educational or inspirational video to learn new ideas and discuss!

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 our new Clubhouse pool table!

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

Ping-Pong: Interested in practicing your ping pong skills Join us March 1 and 15th in the computer lab area.

Easy Exercise: Follow along a gentle exercise and stretching video. Low impact and can be done sitting or standing!

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!