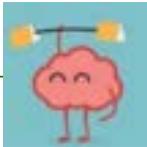




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:00 Walking Group 2:00 Bosnian Coffee 	3. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans! 	4. <i>Open until 5:45</i> 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Garden Group 1:30 Collage College 3:00 Music Therapy with Min 	5. CLEANING DAY <i>Many hands make light work!</i> 9:00-11:30 Task Choice & Cleaning 11:30 Pizza Lunch  <i>Clubhouse closed at 12:30</i>	6. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Creative Writing  
9. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee	10. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 2:30 Garden Group 	11. <i>Open until 5:45</i> 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Zumba! 1:30 Karaoke 3:00 Music Therapy with Min 	12. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Pool Outing 1:30 Tea and Talk 	13. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre <i>(pickleball, basketball, etc.)</i> 
16. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:00 Walking Group 2:00 Bosnian Coffee	17. <i>St. Patrick's Day</i> 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 2:30 Irish Soda Bread! 	18. <i>Open until 5:45</i> 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 11:00 Garden Group 1:30 Collage College 3:00 Music Therapy with Min 	19. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30-12:30 LUNCH 12:45 CLOSE <i>(staff training)</i>	20. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Creative Writing 
23. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Walking Group 2:00 Bosnian Coffee	24. 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Bloedel Conservatory Outing <i>(register with staff)</i> 1:30 Brain Training 2:30 Garden Group 	25. <i>Open until 5:45</i> 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Chess Mates 1:30 Karaoke 3:00 Music Therapy with Min <i>Income Assistance Day</i> 	26. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Vancouver Symphony Orchestra Outing 1:30 Tea and Talk 	27. <i>Birthday Treat</i> 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Running Club 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre <i>(pickleball, basketball, etc.)</i> 
30. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:00 Walking Group 2:00 Bosnian Coffee 	31. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Chess Mates 1:30 Brain Training 3:00 Pooligans! 		Want to become a member? Please attend:  Clubhouse Info Session Wednesdays at 10:30 295 E 11 th 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

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

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

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

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!

Zumba!: Come learn some Latin inspired dance moves!

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

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

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!