

MAY 2023 COAST CLUBHOUSE ACTIVITIES for Members

The Clubhouse offers daily activities as well as opportunities to build and strengthen new skills. We're open Mon to Fri: **8:00-3:45** except **Wed 8:00-5:45**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Walking Group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian coffee  	2 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Trivia Tuesday 1:30 Brain Training 	3 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 What's Cooking?! 2:45 Sing Along with Janelle 5:45 CLOSE	4 9:15 Healthy Living 10:00 Unit Meeting 11:00 Mandala 1:00 Walking Group 2:00 Brain Training 	5 9:15 News and Views 10:30 Prep for BBQ 11:30 BBQ at Clubhouse 
8 9:15 Walking Group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian coffee 	9 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Trivia Tuesday 1:30 Brain Training 	10 9:15 TED Talks 10:00 Community Meeting 10:30 Clubhouse Info Session 1:00 Art with Karen 2:45 Sing along with Janelle 5:45 CLOSE 	11 9:15 Healthy Living 10:00 Unit Meeting 11:00 Mandala 1:00 Walking Group 2:00 Brain Training 	12 STAFF DAY 
15 OUTING TO AQUARIUM 9:15 Walking Group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian coffee 	16 9:30 Breakfast Club 10:00 Unit Meeting 11:00 Trivia Tuesday 1:30 Brain Training 	17 CHEQUE ISSUE DAY 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Art with Karen 2:45 Sing along with Janelle 5:45 CLOSE 	18 9:15 Healthy Living 10:00 Unit Meeting 11:00 Mandala 1:00 Walking Group 2:00 Brain Training 	19 9:15 News & Views 10:00 Unit Meeting 11:00 Garden Group 1:30 Games 
22 VICTORIA DAY 	23 9:15 Chat & Chew 10:00 Unit Meeting 10:30 Prep for BBQ 12:00 BBQ Lunch in Robson Park 	24 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:00 Art with Karen 2:00 What's Cooking?! 5:45 CLOSE 	25 9:15 Healthy Living 10:00 Unit Meeting 11:00 Mandala 1:00 Community Meeting 2:00 Brain Training 	26 9:15 News & Views 10:00 Unit Meeting 1:00 Garden Group 1:30 Games  
29 9:15 Walking Group 10:00 Unit Meeting 11:00 Music Bingo 2:00 Bosnian coffee  	30 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Trivia Tuesday 1:30 Brain Training 	31 9:15 TED Talks 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Art with Karen 2:30 STAND-UP COMEDY 5:45 CLOSE  	COAST CLUBHOUSE 295 East 11th Ave, Vancouver Ph: 604.675.2357  Interested in becoming a member! Call us today! 604.675.2357	
				Front Desk: 604.675.2357 Food Services: 604.675.2360 Communication: 604.675.2355 Environment: 604.675.2361 Manager: 604.675.2350 TEP: 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

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

Sing along with Janelle: Sing or play an instrument with Music Therapist Janelle. All skill levels welcome!

Art with Karen: Draw, paint, colour, or create art with Karen

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

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!

Music 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!

TED Talks: Watch a TED talk to maybe learn something new and discuss

Mandala: Colour or draw beautiful shapes and designs

Garden Group: Learn about plants and help grow some vegetables for the kitchen

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