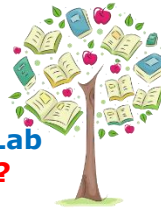


NOVEMBER 2025 COAST MENTAL HEALTH Clubhouse Activities Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:15 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee	4. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Music Bingo 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	5. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Karaoke 3:00 Music Therapy with Min 	6. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:15 What's Cooking? 	7. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 2:00 Board Games 
10. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee	11.  <i>REMEMBRANCE DAY</i> <i>Lest We Forget</i>	12. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 Collage College 3:00 Music Therapy with Min 	13. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Baking with Friends 	14. 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 2:00 Board Games 
17. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:15 Painting Class 1:30 Music Jam with Min 2:00 Bosnian Coffee	18. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	19. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Let's go to VCC 1:30 Karaoke 3:00 Music Therapy with Min 	20. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 	21. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 2:00 Board Games 
24. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee	25. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Music Bingo 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	26. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Collage College 3:00 Music Therapy with Min 	27. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:00 Job Skills Training 12:30 VCC Learning Lab 1:15 Baking with Friends	28. 9:15 World Travellers 10:00 Unit Meeting 10:45 Gingerbread Lane Outing <i>(registration required)</i> 2:00 Board Games 
 November			Want to become a member? Please attend: Clubhouse Info Session Wednesdays at 10:30  BECOME A MEMBER	
			295 E 11th Ave, Vancouver, BC	
			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 Fax: 604 675 2375	

* Calendar activities may be subject to change * In addition to the daily activities listed below, 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

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

Let's go to VCC: We can attend the VCC open session to learn about their Adult Learning Program

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

World Travellers: Let's talk and watch videos about travel destinations or share stories from places we've been

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.

World Travellers: Come watch travel videos and share travel stories

Zumba!: Come learn some Latin inspired dance moves!

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

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

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!