November 2026 Clubhouse Activities Calendar

In addition to the daily activities listed below, the Clubhouse offers opportunity to build and strengthen new skills. Clubhouse opens Mon-Fri 8:00 to 3:45, except Wed open until 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Front Desk: 604.675.2357 **Communications Unit: 604.675.2355** **Environmental Unit: 604.675.2361** **Fax: 604.675.2375** **Transitional Employment Program: 604.675.2340**	**Want to Become a member?** Join us for a ***Clubhouse Info Session*** Wednesday at 10:30am	COAST MENTAL HEALTH Compassion Courage Recovery		
2. **8:00 BSW Training** **9:00 Coloring** **10:00 Unit Meeting** **10:30 Pets & Friends** **11:00 Music Bingo** **2:00 Bosnian Coffee**	**3.** **8:00 BSW Training** **9:15 Chat & Chew** **10:00 Unit Meeting** **12:30 VCC Learning Lab** **1:30 Brain Training**	**4.** *Open until 5:45* **8:00 BSW Training** **10:00 Unit Meeting** **10:30 Clubhouse Info Session** **10:30 Peter & Friends** **1:00 Arts and Crafts** **2:30 Music Therapy with Min**	**5.** **8:00 BSW Training** **9:15 Healthy Living** **10:00 Unit Meeting** **10:30 Brain Training** **1:00 Pool Outing** **12:30 VCC Learning Lab**	**6.** **9:15 Guided Meditation** **10:00 Unit Meeting** **10:30 Walking Group** **11:00 Digital Literacy** **1:00 Mt Pleasant Community Centre** *(basketball and pickleball)*
9. **9:00 Coloring** **10:00 Unit Meeting** **10:30 Pets & Friends** **11:00 Music Bingo** **12:00 BSW Training** **2:00 Bosnian Coffee**	**10.** **8:00 BSW Training** **9:15 Chat & Chew** **10:00 Unit Meeting** **12:30 VCC Learning Lab** **1:30 Brain Training**	**11.** **Remembrance Day** Sorry We're CLOSED	**12.** **8:00 BSW Training** **9:15 Healthy Living** **10:00 Unit Meeting** **10:30 Brain Training** **12:30 VCC Learning Lab** **2:00-4:00 Street Art Workshop**	**13.** **CLEANING DAY** *Many hands make light work!* **9:00-11:30 Cleaning Tasks** **11:30 Pizza Lunch** **12:30 CLOSE**
16. **9:00 Coloring** **10:00 Unit Meeting** **10:30 Pets & Friends** **11:00 Music Bingo** **12:00 BSW Training** **2:00 Bosnian Coffee**	**17.** **8:00 BSW Training** **9:15 Chat & Chew** **10:00 Unit Meeting** **11:00 Clubhouse *Community Meeting* (Free lunch ticket with attendance)** **12:30 VCC Learning Lab** **1:30 Brain Training**	**18.** *Open until 5:45* **8:00 BSW Training** **10:00 Unit Meeting** **10:30 Clubhouse Info Session** **10:30 Peter & Friends** **1:00 Arts and Crafts** **2:30 Music Therapy with Min**	**19.** **8:00 BSW Training** **9:15 Healthy Living** **10:00 Unit Meeting** **10:30 Brain Training** **12:00 Nelson's Pizza Party!** **12:30 VCC Learning Lab**	**20.** **9:15 Guided Meditation** **10:00 Unit Meeting** **10:30 Walking Group** **11:00 Digital Literacy** **1:00 Mt Pleasant Community Centre** *(basketball and pickleball)*
23. **9:00 Coloring** **10:00 Unit Meeting** **10:30 Pets & Friends** **11:00 Music Bingo** **12:00 BSW Training** **2:00 Bosnian Coffee**	**24.** **8:00 BSW Training** **9:15 Chat & Chew** **10:00 Unit Meeting** **12:30 VCC Learning Lab** **1:30 Brain Training**	**25.** *Open until 5:45* **8:00 BSW Training** **9:15 Walking Group** **10:00 Unit Meeting** **10:30 Clubhouse Info Session** **1:00 Arts and Crafts** **2:30 Music Therapy with Min** *Income Assistance Payment Day*	**26.** **8:00 BSW Training** **9:15 Healthy Living** **10:00 Unit Meeting** **10:30 Brain Training** **12:30 VCC Learning Lab** **1:00 OUTING: *BOWLING*** **2:00-4:00 Street Art Workshop**	**27.** ***Birthday Treat*** **9:15 Chair Yoga** **10:00 Unit Meeting** **10:30 Walking Group** **11:00 Digital Literacy** **2:00 Board Games**
30. **9:00 Coloring** **10:00 Unit Meeting** **10:30 Pets & Friends** **11:00 Music Bingo** **12:00 BSW Training** **2:00 Bosnian Coffee**	**31.** **8:00 BSW Training** **9:15 Chat & Chew** **10:00 Unit Meeting** **12:30 VCC Learning Lab** **1:30 Brain Training**	***BSW Training Schedule*** **Week 1[Nov 2,3,4,5 8am–12pm]** **Week 2[Nov 9 12pm-4pm] [Nov 10,12 8am–12pm]** **Week 3[Nov 16 12pm-4pm] [Nov 17,18,19 8am-12pm]** **Week 4[Nov 23 12pm-4pm] [Nov 24,25,26 8am-12pm]** **Week 5[Nov 30 12pm-4pm]**		

Calendar activities may be subject to change

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

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

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!

World Travellers: Come watch travel videos and share travel stories

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

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!

Pets & Friends: Come hang out with Pets & Friends volunteer and their dog, Jasper 😊

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