

October 2026 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 Mon-Fri 8:00 to 3:45, except Wed open until 5:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FrontDesk:604.675.2357 CommunicationsUnit:604.675.2355 EnvironmentalUnit:604.675.2361 Young Adult Program: 236.982.7921 Member's line: 604.675.2362 Fax:604.675.2375 Transitional Employment Program: 604.675.2340	Want to Become a member? Join us for a <u>Clubhouse Info Session</u> Wednesday at 10:30am 295 E 11 th Ave, Vancouver		1. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Pool Outing 1:15 Drawing 101 	2.  <i>(for staff training)</i> 
5. 9:00 Coloring 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 2:00 Bosnian Coffee 	6. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Calligraphy Group 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 	7. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 2:30 Music Therapy with Min 	8. 9:15 Thanksgiving Set-Up 10:00 Unit Meeting 10:30 Brain Training 11:00 Guest Speaker 12:00 THANKSGIVING LUNCH <i>*Clubhouse closing at 2:00pm</i> 	9. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Walking Group 11:00 Computer Learning 2:00 Street Art Workshop 
12. Thanksgiving Day 	13. 9:15 Chat & Chew 10:00 Unit Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Chess and Board Games	14. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Karaoke 2:30 Music Jam 	15. 9:15 Healthy Living 10:15 BC ShakeOut <i>(Earthquake Drill)</i> 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Pumpkin Carving 	16. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Walking Group 11:00 Communication Skills Readiness 1:00 Mt. Pleasant Community Centre <i>(pickleball, basketball, etc.)</i>  
19. 9:00 Coloring 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 2:00 Bosnian Coffee 	20. 9:15 Chat & Chew 10:00 Unit Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:00 Keychain Making 	21. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 2:30 Music Therapy with Min <i>Income Assistance Payment Day</i> 	22. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Drawing 101 Movie- Outing <i>(Clubhouse at 10:00AM)</i> <i>Registration Required-Talk to staff.</i> 	23. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Walking Group 11:00 Resume and Job Readiness 2:00 Street Art Workshop 
26. 9:00 Coloring 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Dominoes 2:00 Bosnian Coffee 	27. 9:15 Chat & Chew 10:00 Unit Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Chess and Board Games	28. <i>Open until 5:45</i> 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Karaoke 2:30 Music Therapy with Min 	29. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Pool Outing 1:15 Drawing 101 	30. <i>*Birthday Treat</i>  9:30 Chair Yoga 10:00 Unit Meeting 11:00 Computer Learning 1:00 Halloween Party 1:30 Photo Booth 

* 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

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

Summer Concert: Music Therapy participants will be performing a summer concert in the Clubhouse on August 5!

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

Dominoes with Jay: Let's play a game of dominoes with Jay. All skill levels welcome, anyone can learn

Street Art Workshop: Joint program with Young Adults Program to learn about local street art and create art using different materials and media

Creative Writing: Group activity with writing activities and exercises

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

Calligraphy Group: Learn traditional Chinese calligraphy with Mary

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

Healthy Breakfast: Share a healthy breakfast of oatmeal and fruits!

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!

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

Healthy Living: Read an article or watch a video and discuss together to learn how to live healthier lives

Cleaning Day: Support the Clubhouse by cleaning and organizing! Let's work together on seasonal or new tasks in addition to our regular daily tasks

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!