



2025 COAST MENTAL HEALTH Clubhouse Activities Calendar

295 E 11th Ave, Vancouver, BC

Opening hours: Monday to Friday 8:00 - 3:45 except Wednesday 8:00 - 5:45



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Front Desk: 604.675.2357 Communications 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 Intakes: 604.675.2360	Want to become a member?  Please attend: Clubhouse Info Session Wednesdays at 10:30	1. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:15 Baking with Friends 1:30 BSW Course 3:00 Music Therapy with Min 	2. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:00 Truth and Reconciliation Day <i>with special guests</i> 1:30 BSW Course 	3. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:15 Pumpkin Spice Lattes 2:00 Board Games 
6. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:30 Music Jam with Min 1:30 BSW Course 2:00 Bosnian Coffee 	7. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Music Bingo 12:30 VCC Learning Lab 1:30 Brain Training 1:30 BSW Course 3:00 Pooligans! 	8. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 1:30 'Rock-tober' Concert <i>Friends & Family Welcome!</i> 	9. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Thanksgiving Lunch! 12:30 VCC Learning Lab  	10. 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 1:30 Walk to the Park 1:30 BSW Course 
13.  HAPPY THANKSGIVING! Clubhouse is Closed	14.  9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans!	15. <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	16. 9:15 Healthy Living 10:00 Unit Meeting 10:16: BC Shake Out Earthquake Drill 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Job Skills Workshop 1:15 Cooking Class 	17. 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 1:00 Seasonal Fall Lattes 2:00 Board Games 
20. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee 	21. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Music Bingo 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans! 	22. <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Karaoke 3:00 Music Therapy with Min 	23. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Job Skills Workshop 1:15 Baking with Friends 	24. 9:15 World Travellers 10:00 Unit Meeting 11:00 Movie Theatre Outing! <i>(registration required)</i> 1:30 Walk to the Park 
27. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Pets & Friends 1:30 Music Jam with Min 2:00 Bosnian Coffee 	28. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 12:30 VCC Learning Lab 1:30 Brain Training 3:00 Pooligans!	29. <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 	30. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Cooking Class 1:00 Pumpkin Carving 	31.  9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 2:00 Halloween Costume Party!

* Calendar activities may be subject to change *

GUIDE TO CALENDAR ACTIVITIES

In addition to the daily activities listed below, the Clubhouse offers opportunities to build and strengthen new skills.

Unit Meeting: Daily check-in with members and staff, pick a volunteer task to help the Clubhouse

Community Meeting: Once a month, 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

Pets & Friends: Volunteer from Pets & Friends will visit the Clubhouse with a pet dog

Walk to the Park: Take a walk to one of our local parks to play games, hang with friends, or just relax in the grass!

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

Seasonal Fall Lattes: Let's make some fall lattes and enjoy some conversation!

Baking with Friends: Join us in our Clubhouse kitchen and let's make something tastv!

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!

Job Skills Workshop: Members can attend a workshop about job readiness, 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 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

Garden Group: Plant veggies or flowers in our garden boxes and help trim and water

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!



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