

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1.</b>  <b>CLUBHOUSE CLOSED FOR LABOUR DAY</b>	<b>2.</b> 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!	<b>3.</b> <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	<b>4.</b> 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Music Bingo 1:15 Baking with Friends	<b>5.</b> 9:15 World Travellers 10:00 Unit Meeting 11:00 Computer Learning 11:00 Garden Group 1:00 Seasonal Iced Lattes 1:30 Walk to the Park 2:00 Board Games
<b>8.</b> 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 1:30 Music Jam with Min 2:00 Bosnian Coffee	<b>9.</b> 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!	<b>10.</b> <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 12:30 BSW Course 1:30 Karaoke 3:00 Music Therapy with Min	<b>11.</b> 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Music Bingo 12:30 BSW Course 1:15 Cooking Class	<b>12.</b> 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 11:00 Garden Group 1:30 Walk to the Park 2:00 Youth Recovery Program Presentation
<b>15.</b> 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 12:30 BSW Course 1:30 Music Jam with Min 2:00 Bosnian Coffee	<b>a16.</b> <b>Cleaning Day</b> <b>Clubhouse Closed @1:45</b>	<b>17.</b> <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 12:30 BSW Course 1:30 Collage College 3:00 Music Therapy with Min	<b>18.</b> 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 11:30 Music Bingo 12:30 BSW Course 1:15 Job Skills Workshop	<b>19.</b> 9:15 World Travellers 10:00 Unit Meeting 11:00 Resume Writing 1:00 Seasonal Iced Lattes 1:30 Walk to the Park
<b>22.</b> 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 12:30 BSW Course 1:30 Music Jam with Min 2:00 Bosnian Coffee	<b>23.</b> 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Tuesday Trivia 1:30 Brain Training 3:00 Pooligans!	<b>24.</b> <i>Open until 5:45</i> 9:30 Zumba 10:00 Unit Meeting 10:30 Clubhouse Info Session 11:00 Walking Group 12:30 BSW Course 1:30 Karaoke 3:00 Music Therapy with Min	<b>25.</b> 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 BSW Course 1:15 Job Skills Workshop 1:15 Baking with Friends	<b>26.</b> 9:15 World Travellers 10:00 Unit Meeting 10:30 Bill Reid Museum Outing <i>registration required</i> 11:00 Garden Group 1:00 Seasonal Iced Lattes 2:00 Board Games
<b>29.</b> 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Colouring 11:00 Walking Group 12:30 BSW Course 1:30 Music Jam with Min 2:00 Bosnian Coffee	<b>30.</b> <b>CLUBHOUSE CLOSED FOR TRUTH &amp; RECONCILIATION DAY</b>		<b>Want to become a member?</b>   <b>Please attend:</b> <b>Clubhouse Info Session</b> <b>Wednesdays at 10:30</b>	<b>Front Desk:</b> 604.675.2357 <b>Communication Unit:</b> 604.675.2355 <b>Environmental Unit:</b> 604.675.2361 <b>Transitional Employment Program:</b> 604.675.2340 <b>Young Adult Program:</b> 604.675.2351 <b>Member's line:</b> 604.675.2362 <b>Intake Unit:</b> 604.675.2360

# GUIDE TO CALENDAR ACTIVITIES

*\* 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.*

**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

**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 (Iced) Lattes:** Let's make some spring iced 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!***