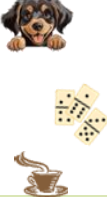
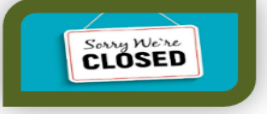


September 2026 COAST CLUBHOUSE ACTIVITIES for Members

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
Front Desk: 604.675.2357 Communications Unit: 604.675.2355 Environmental Unit: 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			
	1. 9:15 Chat & Chew 10:00 Unit Meeting 11:00 Calligraphy Group 1:30 Brain Training 2:30 Garden Group 	2. Open until 5:45 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 2:30 Music Jam 	3. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 2:00 EARLY CLOSE (for building maintenance) 	4. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Walking Group 11:00 Computer Learning 1:00 Basketball and Pickleball at the Park 
7. Labour Day 	8. 9:15 Chat & Chew 10:00 Unit Meeting 1:30 Brain Training 2:30 Garden Group 	9. Open until 5:45 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:30 Karaoke 2:30 Music Therapy with Min 	10. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 1:00 Pool Outing 12:30 VCC Learning Lab 1:15 Drawing 101  	11. 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Walking Group 11:00 Computer Learning 2:00 Street Art Workshop 
14. 9:00 Coloring 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 2:00 Bosnian Coffee 	15. CLEANING DAY <i>Many hands make light work!</i> 9:00-11:30 Cleaning Tasks 11:30 Pizza Lunch 12:30 CLOSE 12:30 open for VCC Learning Lab 	16. Open until 5:45 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 10:30 Peter & Friends 2:30 Music Therapy with Min 	17. 9:15 Healthy Living 10:00 Unit Meeting 10:30 Brain Training 12:30 VCC Learning Lab 1:30 In-house Movie 	18. 9:15 Guided Meditation 10:00 Unit Meeting 10:30 Walking Group 11:00 Computer Learning 1:00 Mt. Pleasant Community Centre (pickleball, basketball, etc.)  
21. 9:00 Coloring 10:00 Unit Meeting 10:30 Pets & Friends 11:00 Music Bingo 1:00 Dominoes 2:00 Bosnian Coffee 	22. 9:15 Chat & Chew 10:00 Unit Meeting 1:30 Brain Training 12:30 VCC Learning Lab 2:30 Keychain Making 	23. Open until 5:45 9:15 Walking Group 10:00 Unit Meeting 10:30 Clubhouse Info Session 1:00 Karaoke 2:30 Music Therapy with Min <i>Income Assistance Payment Day</i>	24. MAPLEWOOD FARM 9:15 Healthy Living 10:00 Unit Meeting 10:00 OUTING: Maplewood Farms 10:30 Brain Training 12:30 VCC Learning Lab 1:15 Drawing 101 	25. <i>*Birthday Treat</i> 9:30 Chair Yoga 10:00 Unit Meeting 10:30 Walking Group 11:00 Computer Learning 2:00 Street Art Workshop  
28. 9:00 Coloring 10:00 Unit Meeting 11:00 Music Bingo 10:30 Pets & Friends 1:00 Dominoes 2:00 Bosnian Coffee 	29. 9:15 Chat & Chew 10:00 Unit Meeting 12:30 VCC Learning Lab 1:30 Brain Training 2:30 Garden Group 	30. National Day of Truth and Reconciliation 		

* 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!

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

VCC Learning Lab: Work on English (reading and writing) and/or basic math in an individualized work plan with a supportive VCC instructor. Registration required on September 10th

Mt. Pleasant Community Centre: Young Adult Program and Clubhouse members can play basketball, pickleball or other sports in the Mt. Pleasant Community Centre gymnasium

Dominoes: Let's play a game of dominoes. 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

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!