









# DEC

# 2024

| MON   | TUE  | WED   | THURS   | FRI   |
|---|--|---|---|---|
| 2<br>10:45 - 12:45 Walk @ Eileen Daily<br><br>Administrative Day  | 3<br>12 - 4 Art Space (Formerly MAC)(E)<br><br>2 - 4 In-House Movie (M)  | 4<br><br>Staff Development<br>Clubhouse Closed | 5<br>10:30 - 12:30 Walk @ Central Park<br><br>1:30 - 4 Holiday Card Making (E)  | 6<br>1:30 - 3:15 Toonie Skate (\$2)   |
| 9<br>10:45 - 12:45 Walk @ Barnet Marine<br><br>12 - 2 Crafty Corner (E)<br><br>3:30 - 4:30 Music Therapy (E)              | 10<br>11:30 - 1:30 Grocery Bingo (E)<br><br>2 - 4 In-House Movie (E)     | 11<br>12 - 3 Holiday Dinner (E)<br><br>1 - 4 Chinese Social @ Waterfront<br><br>3 - 4:30 Holiday Hangout (E)                      | 12<br>10:30 - 12:30 Walk @ Eileen Daily<br><br>12 - 3 Holiday Dinner (E)<br><br>3 - 4:30 Holiday Hangout (E)                | 13<br>12 - 2 SIL Cookie Decorating (E)<br><br>2 - 4 Boardgames & Snacks (E) |
| 16<br>10:45 - 12:45 Walk @ Central Park<br><br>12:30 - 3 Decorate Your Xmas Tree (E)<br><br>3:30 - 4:30 Music Therapy (E) | 17<br>12 - 4 Art Space (Formerly MAC)(E)<br><br>2 - 4 In-House Movie (M) | 18<br>1 - 3:30 Bubble Tea Workshop Outing<br><br>3:30 - 4:30 Music Therapy (E)  | 19<br>12 - 4 Art Space (Formerly MAC)(E)<br><br>2 - 4:30 YA Christmas Market Outing<br><br>5 - 7 Walk @ Lafarge Lake Lights | 20<br>3 - 4 Crafty Corner (E)   |
| 23<br>1 - 3 In-House Movie (M)<br><br>3:30 - 4:30 Music Therapy (M)<br><br>4:30 - 6 Walk @ Lafarge Lake Lights            | 24<br><i>Christmas Eve</i><br><br>Edmonds Closed                         | 25<br><i>Christmas Day</i><br><br>Clubhouse Closed  | 26<br><i>Boxing Day</i><br><br>Clubhouse Closed   | 27<br>1 - 3 SIL Coffee Social<br><br>Edmonds Closed                         |
| 30<br>10:45 - 12:45 Walk @ Deer Lake<br><br>3:30 - 4:30 Music Therapy (E)   | 31<br><i>New Year's Eve</i>  |   |   |   |

-  Holiday Festive
-  Outdoors
-  Recreation
-  Diversity
-  Wellness
-  Vocational
-  Edmonds
-  Metrotown

**MORE DETAILS ON THE BACK**



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the *hən̓q̓əmín̓ əm̓* and *Sḵw̓x̓w̓ú7mesh* speaking peoples, and we are grateful to be on this territory.

## PROGRAM DESCRIPTIONS

### ALL PROGRAMS ARE BY REGISTRATION ONLY

#### ART SPACE (FORMERLY MAC)

Join Dawn for this month's ART SPACE classes, which will be as follows:

- *Open Studio* – December 3
- *Making & Decorating Tree Ornaments* – December 17
- *Open Studio: Work on your Art* – December 19

#### BUBBLE TEA WORKSHOP OUTING

Join us on a Bubble Tea Workshop outing for an afternoon. Space is limited; please let us know of any allergies/dietary restrictions as well. Last day to register for this program is Friday, December 6.

#### COOKIE DECORATING WITH SIL

Come and decorate holiday cookies with the Social Isolation & Loneliness Group.

#### CRAFTY CORNER

Themes for this month's Craft Corner classes will be:

- *Making A 12-Day Christmas Advent Calendar with Dawn* December 9
- *Rolled Candles* with Dawn & Martin December 20

#### DECORATE YOUR XMAS TREE

Come and decorate your own miniature Christmas tree to take home.

#### HOLIDAY DINNER

Come for good food, music, holiday cheer, and to decorate the ECHO Clubhouse Christmas tree.

#### IN-HOUSE MOVIES

Themes for this month's In-House Movie will be:

- *Romance/Drama* – December 3
- *Superhero/Animated* – December 10
- *Your Favourite Movie* – December 17  
Have your favourite movie listed. We'll draw one and watch together.
- *Holiday Movie* – December 23

#### MUSIC THERAPY

Themes for this month's Music Therapy groups will be:

- *Soundtrack of Your Life* – December 9
- *Holiday Karaoke* – December 16
- *Name That Tune* – December 23 \*Metrotown\*
- *Singalong* – December 30

#### TOONIE SKATE (\$2)

Join us for a leisurely afternoon skate. Cost is \$2 and meeting location details will be provided upon registration.

#### W.A.V.E (WORK AND VOLUNTEER, EDUCATION)

Offered in December online via Zoom or by telephone, members wishing to have a one-on-one session should contact Dawn by phone at (604) 218-0580, or via email to [dawn.harms@cmhavf.ca](mailto:dawn.harms@cmhavf.ca).

#### Y.A. CHRISTMAS MARKET OUTING

Join us as we head to the Vancouver Christmas Market. Last day to register is Thursday, December 12.

## CLUBHOUSE INFO

### CLUBHOUSE IS FOR ECHO MEMBERS ONLY

#### NEW MEMBER REFERRALS – [Click here for the form!](#)

Referrals must be completed with a Primary Care Provider. Referrals must be sent by PARIS unless by a doctor, then they can be faxed to 604-526-7097 or emailed to [echoclubhouse@cmhavf.ca](mailto:echoclubhouse@cmhavf.ca). Once received, a staff member will reach out within 2 weeks to book an orientation.

#### CANCELLATION POLICY

Please notify ECHO staff via phone or email **at least 24 hours** before a program starts if you won't be able to come. No-shows, and members with late notifications, will be waitlisted for other programs.

#### CLUBHOUSE ORIENTATIONS

Clubhouse orientations give people the opportunity to learn what it means to be a member, visit the clubhouse, hear about our programs, and meet the team. It is a requirement to become a member and typically last 30-45mins. People are welcome to attend orientation before or after we receive a referral.

#### ONE-TO-ONE APPOINTMENTS

Staff are here to support members in identifying and achieving personalized goals and to provide emotional and listening support to anyone having difficulties in their life.

#### PROGRAM SPECIFIC QUESTIONS & REGISTRATIONS

Please talk to any ECHO staff member or email us at [echoclubhouse@cmhavf.ca](mailto:echoclubhouse@cmhavf.ca)!

**PROGRAM-SPECIFIC DETAILS WILL BE PROVIDED DURING CALL-OUTS**