

OCT

2024

- Vocational
- Outdoors
- Recreation
- Diversity
- Wellness
- Orientation
- E Edmonds
- M Metrotown

MON	TUE	WED	THURS	FRI
	1 10 - 4 Aquarium Outing (\$5) 11 - 4 MAC My Artist's Corner (E)	2 1 - 2 Orientation (E) 2 - 4 Drop-in Social (E)	3 10:30 - 12:30 Walk @ Central Park 12 - 1:30 Grocery Bingo (E) 2:30 - 4:30 Actively Artistic (E)	4 11 - 4 MAC My Artist's Corner (E) 1 - 3:30 Pizza & Boardgames (M)
7 10:45 - 12:45 Walk @ Central Park 12 - 2 What Colour's Your Parachute (M) 3:30 - 4:30 Music Therapy (E)	8 11 - 4 MAC My Artist's Corner (E) 2 - 4 Soundbath (M)	9 12 - 2 Thanksgiving Meal (\$3)(E) 2 - 4 Drop-in Games & Puzzles (E)	10 10:30 - 12:30 Walk @ Eileen Daily 1 - 4 YA Rec Room Outing (\$3)	11 11 - 4 MAC My Artist's Corner (E)
14  Thanksgiving Holiday Clubhouse Closed	15 11 - 4 MAC My Artist's Corner (E) 1:30 - 4 W.A.V.E Workspace (M) 2 - 4 In-House Movie (M)	16 12 - 1:30 Grocery Bingo (E) 1 - 4 Chinese Social: Lafarge Lake 3:30 - 4:30 Music Therapy (E)	17 10:30 - 12:30 Walk @ Deer Lake 12 - 1 Orientation (E) 1 - 4 Drop-in Social & Games (E)	18 11 - 4 MAC My Artist's Corner (E)
21 10:45 - 12:45 Walk @ Eileen Daily 12 - 2 What Colour's Your Parachute (M)	22 11 - 4 MAC My Artist's Corner (E) 1:30 - 4 W.A.V.E Workspace (M) Movie Outing @ Landmark	23 1 - 3 Creative Corner 1 - 3:30 REVS Bowling Outing (\$2)	24 10:30 - 12:30 Walk @ Barnet Marine 12 - 2 Lunch 'n Learn (\$3)(E) 3:30 - 5 Mindfulness Chat (E)	25 11 - 4 MAC My Artist's Corner (E) 2 - 4 Pumpkin Painting & Decorating (E)
28 10:45 - 12:45 Walk @ Barnet Marine 12 - 2 What Colour's Your Parachute (M) 3:30 - 4:30 Music Therapy (E)	29 11 - 4 MAC My Artist's Corner (E) 1:30 - 4 W.A.V.E Workspace (M) 2 - 4 In-House Movie (M)	30  12:30 - 4 EDMONDS	31 10:30 - 12:30 Walk @ New West Quay	 ECHO Education Community Health Options

MORE DETAILS ON THE BACK



ECHO Clubhouse acknowledges that we are on the ancestral and unceded homelands of the hən̓q̓əmi̓n̓ əm̓ and Skwxwú7mesh speaking peoples, and we are grateful to be on this territory.

PROGRAM DESCRIPTIONS

ALL PROGRAMS ARE BY REGISTRATION ONLY

ACTIVELY ARTISTIC

We will be having one Actively Artistic class this month with Neena leading an Art Class on October 3.

AQUARIUM OUTING

Join ECHO Clubhouse as we head to the Vancouver Aquarium; cost is \$5 and space is limited! Meeting location and details to be provided upon registration.

CHINESE SOCIAL

This month's Chinese Social Group will be having at Lafarge Lake in Coquitlam. Easily accessible via skytrain.

CREATIVE CORNER

We explore learning how to make Bead Bracelets in this month's Creative Corner. Space is limited so sign up early!

IN-HOUSE MOVIES

There will only be two in-house movies this month:

- *Stand-up Comedy (Explicit Language)* – October 15
- *Halloween (No Horror)* – October 29

LUNCH 'N LEARN

We will be having one Lunch 'n Learn this month on October 24 featuring Build Your Own Tacos (\$3).

MINDFULNESS

Come and learn how to be more present and mindful from a registered clinical counsellor with over 15 yrs experience.

MUSIC THERAPY

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

- *Drum Circle* – October 7
- *Soundtrack of your Life* – October 16
- *Basic Songwriting* – October 28

PUMPKIN PAINTING & DECORATING

Come join Jan, and paint the pumpkin patch red! We promise it will be a really gourd time!

SOUNDBATH

Member led at Metrotown – Come and enjoy this free experience of bathed in the healing vibrations of sound. Wear comfortable clothing.

THANKSGIVING MEAL

Join us as we will be making a Thanksgiving-style Turkey Bowl. (\$3)

WALKING GROUPS

- Monday Walking Groups – Peer-led by Pauline.
- Thursday Walking Groups – Peer-led by Justin.

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

Offered every Tuesday in-person, 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.

YA REC ROOM OUTING

Join Jeff for an afternoon of fun and games as we head out to the Rec Room at Brentwood. Cost is \$3.

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. 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

PROGRAM-SPECIFIC DETAILS WILL BE PROVIDED DURING CALL-OUTS