

# May 2025

- Art Space
- Music Therapy
- Diversity
- Wellness
- Vocational
- Recreation
- Arts & Crafts
- Young Adult (YA)
- E Edmonds
- M Metrotown

MON	TUE	WED	THUR	FRI
			1 10:30 - 12:30 Walk @ Central Park 1 - 2:30 Mother's Day Card Making (E)	2 1 - 3 Grocery Bingo (E)
5 10:30 - 12:30 Walk @ Central Park 12 - 2 Lunch & Learn: Buddha Bowls (\$3) (E) 3:30 - 4:30 MT: Drum Circle (E)	6 12 - 4 Art Space: Needle Felting Creatures (E)	7 1 - 3 Cooking On A Budget: Chicken (E) MT: Individualized Sessions (M)	8 10:30 - 12:30 Walk @ Eileen Daily 1 - 2:30 Origami (E)	9 1 - 2:30 Free Poker Game (E)
12 10:30 - 12:30 Walk @ Eileen Daily 12:30 - 3 YA Boardgames & Nintendo Switch with EPI (E) 3:30 - 4:30 MT: Basic Songwriting (E)	13 12 - 4 Art Space: Acrylic Flower Painting (E) 1 - 3 In-House Movie: Members' Choice (M)	14 12 - 2 Global Bites: South Asian Cuisine (\$3) 1 - 2 Gardening: Propagation (E)	15 10:30 - 12:30 Walk @ Deer Lake Park 1 - 3 YA Easy Hike/Trail Outing 1 - 2:30 Art Walk Outing	16 12 - 2 Culture Quest: Nikkei Museum Outing MT: Individualized Sessions (E)
19 Victoria Day Clubhouse Closed	20 Spring Cleaning - Clubhouse Closed	21 1 - 4 Chinese Social: Queen Elizabeth Park	22 Spring Cleaning - Clubhouse Closed	23 11 - 2 Options Clubhouse (Surrey): Craft Fair 2 - 4 Boardgames & Snacks (E)
26 10:30 - 12:30 Walk @ Deer Lake Park 12 - 2:30 Crochet Class : Level 2 (E) 3:30 - 4:30 MT: Song Discussion (E)	27 12 - 3:30 Pickleball 12 - 4 Art Space: Drawing Hands (E) Landmark Movie Outing w/ Phyllis	28 PHS Mental Health Walk	29 10:30 - 12:30 Walk @ Queen's Park 12 - 4 Art Space: Open Studio (E)	30 1 - 3 In-House Movie: Members' Choice (E) 3:30 - 4:30 MT: Singalong (E)



**MORE DETAILS ON THE BACK**



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

## PROGRAM DESCRIPTIONS

### ALL PROGRAMS ARE BY REGISTRATION ONLY

#### ART SPACE (FORMERLY MAC)

This is a closed art program with a monthly fee. For more information, please reach out to Amar or Dawn.

- May 6: *Needle Felting Creatures*
- May 13: *Acrylic Flower Painting w/ Dennis*
- May 27: *Drawing Hands w/ Michael*
- May 29: *Open Studio* - A time to practice techniques learned in workshops or work on current projects.

#### ARTS & CRAFTS

A judgment-free space to dive into the world of art, where you can express yourself and explore your creativity. Experience the therapeutic benefits of artistic expression, connection, and personal growth in a supportive, welcoming environment.

- **Must know how to make a chain prior to coming to class.**

#### YOUNG ADULT (YA) PROGRAMS:

- May 12: *Boardgames & Nintendo Switch with EPI*
- May 15: *Easy Hike/Trail Outing:* Join us as we venture out to Lynn Canyon for an easy hike/trail walk. More details available upon registration.

#### PICKLEBALL

Come join us for pickleball at the Sohen Gill Sports Box at Confederation Park (12-3:30pm). Equipment will be provided.

#### LUNCH & LEARN: BUDDHA BOWLS & MEMBER MEETING(\$3)

Make your own Buddha Bowls and join us for the Members' Meeting as we share important updates regarding CMHA-VF.

#### MUSIC THERAPY (MT)

Join Martin for a variety of musical experiences designed to have therapeutic impact. Reach out to [martin.grice@cmhavf.ca](mailto:martin.grice@cmhavf.ca) if you have questions on a particular music therapy group or are interested in individualized music therapy sessions that can cater to your specific music therapy needs.

#### SOUNDBATH

Come and experience waves of sound and vibrations moving through you and creating a peaceful meditative atmosphere.

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

Please contact Dawn by phone at (604)-218-0580, or via email to [dawn.harms@cmhavf.ca](mailto:dawn.harms@cmhavf.ca) to arrange for an appointment in person, on-line or over the phone.

#### GLOBAL BITES: SOUTH ASIAN CUISINE OUTING (\$3)

Join us for a delicious cultural meal featuring iconic dishes from Maharashtra, India.

#### CULTURE QUEST: NIKKEI MUSEUM OUTING

For Asian Heritage Month, join us as we explore and learn more about Japanese art and culture.

#### ART WALK

Take a stroll through downtown New West and explore public art installations that spark reflections, creativity, and conversations.

#### MENTAL HEALTH WALK WITH PROGRESSIVE HOUSING

Join us for the annual MH Walk with Progressive Housing. More details will be available soon!

#### OPTIONS CLUBHOUSE CRAFT FAIR OUTING (CASH ONLY)

Habitat@81<sup>st</sup> in Surrey has invited us to check out their Craft Fair (see attached poster). Meeting location will be provided closer to the program date.

## 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 via 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.

#### 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.

#### 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.

#### 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**