



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 YA OPEN LOUNGE - SNACKS & HANGOUTS - 5-8pm at Edmonds Clubhouse *Free
5	6 COMMUNITY KITCHEN 5-8pm at Edmonds Clubhouse - STUFFED PEPPERS & ROAST POTATOES - *Free **Please RSVP by Nov 4 th	7	8	9
12 Closed Stat Holiday Remembrance Day (November 11 th)	13 CREATIVE EXPRESSIONS 5-8pm at Edmonds Clubhouse -BATH BOMBS- *Free	14	15	16 BOWLING @ REVS 4:30-6:30pm (Free) *Please note, 1 slice of pizza will be served to those at Rev's before 5:00pm. * Not a YA only event
19 ARMCHAIR TRAVEL TO PERU AND BOLIVIA WITH MEREDITH 11am at Edmonds Clubhouse * Not a YA only event	20	21	22 POKER NIGHT AT NEW LEAF CLUBHOUSE 5-8pm at New Leaf Clubhouse *Free	23 MOVIE AND POOL TOURNAMENT NIGHT 5-8pm at Edmonds Clubhouse * Not a YA only event
26	27	28 BODY POSITIVITY AND SELF LOVE: A BEGINNER'S GUIDE 130pm at Edmonds Clubhouse * Not a YA only event	29	30 BOARD GAME NIGHT 5-8pm at Edmonds Clubhouse * Not a YA only event

SEE DETAILS OF ALL EVENTS AND PROGRAMS ON THE SECOND PAGE!

YOUNG ADULT OPEN LOUNGE

- **At Edmonds Clubhouse 5-8pm**
- We are getting together to enjoy some fun- pool, board games, music, and chatting.
- No sign-up required, just drop in and enjoy.
- Snacks served around 6pm
- FREE

YOUNG ADULT COMMUNITY KITCHEN

- **At Edmonds Clubhouse 5-8pm**
- Learn how to make an easy dinner
- Everyone helps out, and then enjoy the amazing food we make together.
- This month, *STUFFED PEPPERS AND ROAST POTATOES* are on the menu!
- ***Please RSVP by November 4th**
- FREE

YOUNG ADULT CREATIVE EXPRESSIONS

- **At Edmonds Clubhouse 5 - 8pm**
- *BATH BOMBS*
- FREE

POKER NIGHT AT NEW LEAF CLUBHOUSE (JOINT ECHO/NEW LEAF EVENT)

- ***At New Leaf Clubhouse 5 - 8pm**
- Meet at ECHO Clubhouse at 4:30PM and we can head to New Leaf together via Transit, OR meet up at New Leaf Clubhouse at 5pm
- FREE

Need to contact ECHO?

Young Adult contact phone: 778-986-3039

Edmonds (604) 526-9606
109 - 7355 Canada Way

Gilmore (604) 291-8846
501- 4190 Lougheed Hwy (5 min walk from Gilmore Skytrain)

Check out our website: <http://vancouver-fraser.cmha.bc.ca/echo>

**WANT MORE YA PROGRAMS? CHECK
OUT THESE OTHER OPPORTUNITIES FOR
YOU TO CONNECT**

Join Dave at New Leaf Clubhouse for his
Young Adult Program
every Thursday 2-7pm

Contact Dave for details 778-938-7135
New Leaf Clubhouse: 1113 6th Ave, New
Westminster