

Featured Programs

As well as many more...

Pitch-in-Kitchen - Program Lead: Sandra (Ext. 201)

Build confidence and explore your talents in the kitchen; help with food preparation, cooking, or clean-up, all within a positive community environment.

50+ Forever Young - Program Lead: Diana (Ext. 124)

Adults, ages 50+, explore the community together – visiting community centres, going for walks, as well as going shopping on the last Monday of each month.

Young Adults Night - Program Lead: Justin (Ext. 211)

Young adults, ages 19-30, create a friendly and welcoming community with a night of meal preparation and fun, inclusive games. Our community kitchen runs from 4 – 6:30 PM, and our games run between 6:30 – 8 PM.



Lunch: Open Arms Café - Program Lead: Sandra
Join New View for lunch @ 12 PM every Monday, Tuesday, and Wednesday. Sign-up deadline is at 10:30 AM. Cost is \$3.

Sun Run Training Group - Program Lead: Justin
Start the year off right! Join New View and Tri-Cities MH in training towards walking a 10 KM distance at the Sun Run.



Muffin Socials - Program Lead: Donna
Early bird gets the worm! In this case, however, the worm is a delicious muffin. No cost, just great muffins and conversation.

Ball Hockey - Program Lead: Justin
Floor hockey is back at New View! Recreational, no-contact, just some good ol', classic Canadian fun.



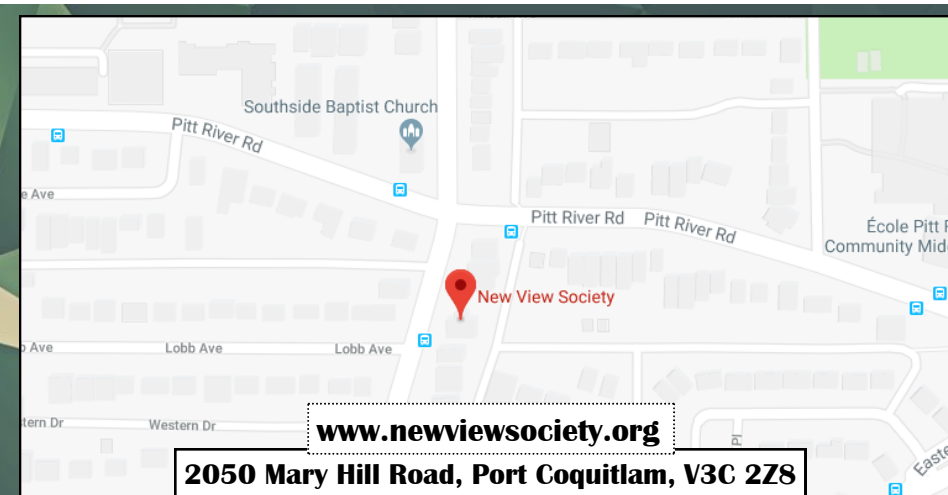
Smoothie Club - Program Lead: Kira
Both healthy *and* delicious! Come out and try the berry-banana smoothie or the weekly special. Cost is \$1.

Yoga - Program Lead: Charlena
Come get your stretch on! Relax your mind and strengthen your body through this wonderful form of exercise.



Coffee House - Program Lead: Various
Following the Pitch-in-Kitchen program, come together with friends for a fun-filled night of games or music!

Saturday Social - Program Lead: Nicole
Breakfasts, hikes, movies, and much more – whichever Saturday of the month, there is a Saturday Social for you!



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New View Society

March 2019 Calendar



Important Notes



Clubhouse is closed March 6th for a staff professional development day. Have yourself a nice day!



Mark your calendars! Tuesday, March 5th, is Just Singin' Around, a unique musical showcase and dinner celebrated with the New View family.



Ball hockey is running at New View! It will run from 5 – 6 PM on Tuesdays. Please meet-up at New View @ 4:30 PM. Contact Justin for more details.



Take note, Sun Run Walking Group: Monday sessions will now start at 10 AM, and Wednesday sessions will end at 3:30 PM.



Krystina is back from maternity leave this month! Make sure to welcome her back, drop-by and say hello :)



Have you updated your recovery plans? Make a Thursday appointment with a staff member to get that started!



Programs

Continued...

Employment Services

Program Lead: Donna (Ext. 110)

Are you interested in volunteering or finding employment? New View Society Clubhouse provides vocational assistance in accessing community-based opportunities, as well as temporary, seasonal, and part-time casual work.

Social Enterprise – One Stop Assembly

New View offers part-time work opportunities to its members through its Social Enterprise programs, such as One Stop Assembly. Whether its packaging berries or a different order, this program helps members develop necessary interpersonal and social skills within the job environment.



Resume and Interviews

The job search process can be a daunting task, so let us help you. If you need support crafting your resume or cover letter, job searching, or if you need help developing your job interview skills, there is always a staff here to help you.

Technology Q&A

Program Lead: Justin (Ext. 211)

Technology is a significant part of today's society, and it can be extremely difficult to keep-up with the constant advances and changes in its development. This can make it challenging to use our phones, access our computers – even on a daily basis. If you are in need of help in navigating these issues, please come see a staff for assistance! We provide a range of support, including but not limited to:



1. Phone and computer help.
2. Transferring files and storage.
3. Posting advertisements.
4. Online communication.

Healthy Living Support

YA Health and Wellness Group

Program Lead: Otilia (Ext. 204) **Program Lead: Stacey (Ext. 300)**

Physical health plays a significant role in our mental well-being. For years, research has consistently shown that exercising and eating healthy has positive impacts on our mental health. Come join a support group in bettering your physical health, and receive education and support in your journey to wellness.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|
| February 25 | February 26 | February 27 | February 28 | March 1 8:30 – 8:30 PM | March 2 |
| March 4 8:30 – 4 PM | March 5 8:30 – 4 PM | March 6 8:30 – 4 PM | March 7 CLOSED | March 8 8:30 – 8:30 PM | March 9 |
| Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10 – 11:30 AM 50+ Forever Young: 1 – 3 PM Blakeburn Lagoon Walk (Sign-up at reception) | Social Enterprise – OSA Open Arms: Lunch @ 12 PM Yoga: 2 – 3 PM Ball Hockey: 5 – 6 PM Just Singin' Around Vancouver Rowing Club 6–10 PM, New View @ 5 PM (Sign-up at reception) | CLUBHOUSE CLOSED <i>For staff professional development!</i> | Social Enterprise – OSA <u>Time Sheets</u> (Staff are available by appointment only) | Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM YA Health and Wellness: 1 PM+ Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM 🎵 | Social Enterprise – OSA Saturday Social: New View @ 11 AM Brunch – \$3 (Sign-up at reception) |
| March 11 8:30 – 4 PM | March 12 8:30 – 4 PM | March 13 8:30 – 4 PM | March 14 CLOSED | March 15 8:30 – 8:30 PM | March 16 |
| Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10 – 11:30 AM 50+ Forever Young: 1 – 3 PM Quest Foods (Sign-up at reception) | Social Enterprise – OSA Open Arms: Lunch @ 12 PM Yoga: 2 – 3 PM | Social Enterprise – OSA Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3:30 PM YA Night: 4 – 8 PM | Social Enterprise – OSA (Staff are available by appointment only) | Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM YA Health and Wellness: 1 PM+ Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM 🎵 | Social Enterprise – OSA Saturday Social: New View @ 10 AM Norooz Fire Festival at Ambleside – \$3 (Sign-up at reception) |
| March 18 8:30 – 4 PM | March 19 8:30 – 4 PM | March 20 8:30 – 4 PM | March 21 CLOSED | March 22 8:30 – 8:30 PM | March 23 |
| Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10 – 11:30 AM 50+ Forever Young: 1 – 3 PM Walk @ Rocky Point Park (Sign-up at reception) | Social Enterprise – OSA Open Arms: Lunch @ 12 PM Yoga: 2 – 3 PM Ball Hockey: 5 – 6 PM | Social Enterprise – OSA <u>Cheque Issue Date</u> Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 Walk @ Gates Park Sun Run TG: 2 – 3:30 PM YA Night: 4 – 8 PM | Social Enterprise – OSA <u>Time Sheets</u> (Staff are available by appointment only) Bake Club: 1 – 3 PM | Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM YA Health and Wellness: 1 PM+ Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM 🎵 | Social Enterprise – OSA Saturday Social: New View @ 11 AM Baking (Sign-up at reception) |
| St. Patrick's Day (March 17th) | | | | | |
| March 25 8:30 – 4 PM | March 26 8:30 – 4 PM | March 27 8:30 – 4 PM | March 28 CLOSED | March 29 8:30 – 8:30 PM | March 30 |
| Social Enterprise – OSA Open Arms: Lunch @ 12 PM Sun Run TG: 10 – 11:30 AM 50+ Forever Young: 1 – 3 PM Shopping @ Walmart (Sign-up at reception) | Social Enterprise – OSA Open Arms: Lunch @ 12 PM Yoga: 2 – 3 PM Ball Hockey: 5 – 6 PM | Social Enterprise – OSA Members Meeting: 11:30 AM Open Arms: Lunch @ 12 PM Healthy Living: 12:30 – 1 PM Sun Run TG: 2 – 3:30 PM YA Night: 4 – 8 PM | Social Enterprise – OSA (Staff are available by appointment only) | Social Enterprise – OSA Muffin Social: 8:30 – 9:30 AM Smoothie Club: 11 AM – 12:30 PM YA Health and Wellness: 1 PM+ Pitch-in-Kitchen: 3 – 6:30 PM Coffee House: 6:30 – 8:30 PM 🎵 | Social Enterprise – OSA Saturday Social: New View @ 9:30 AM Cliff Falls Walk – \$3 (Sign-up at reception) |