

# Featured Programs

As well as many more...

## **Pitch-in-Kitchen** - Program Lead: Krystina (Ext. 205)

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** - Program Lead: Justin (Ext. 211)

Adults, ages 19-30, partake in a friendly community through various recreational activities, ranging between a night of meal preparation and inclusive games, or social outings and excursions. Please see the YA Calendar for more details.

## **WRAP (Wellness Recovery Action Plan)**

Contact: WRAP Central (604-375-7379)

WRAP is a recovery and crisis prevention plan that you create for yourself. It's a tool for learning to take charge of your own health and wellness on a daily basis.

## **Lunch: Open Arms Café** - Program Lead: Krystina

Join New View for lunch @ 12 PM every Monday–Wednesday. Sign-up ends at 10:30 AM. Cost is \$3.



## **Grocery Shop** - Program Lead: Krystina

We go through a lot of food at New View. Help us stack the pantry back up with a shopping trip to Costco and other stores!

## **Walking Group** - Program Lead: Kira

We often do it on our own, but now lets get walking with New View! Explore your city with this fun and social group.



## **Smoothie Club** - Program Lead: Kira

Both healthy *and* delicious! Come out and try the berry-banana smoothie or the weekly special. Cost is \$1.

## **New View Multi-Sport** - Program Lead: Justin

From hockey, to basketball, to soccer, to who knows what. Come out for a great time and good exercise.

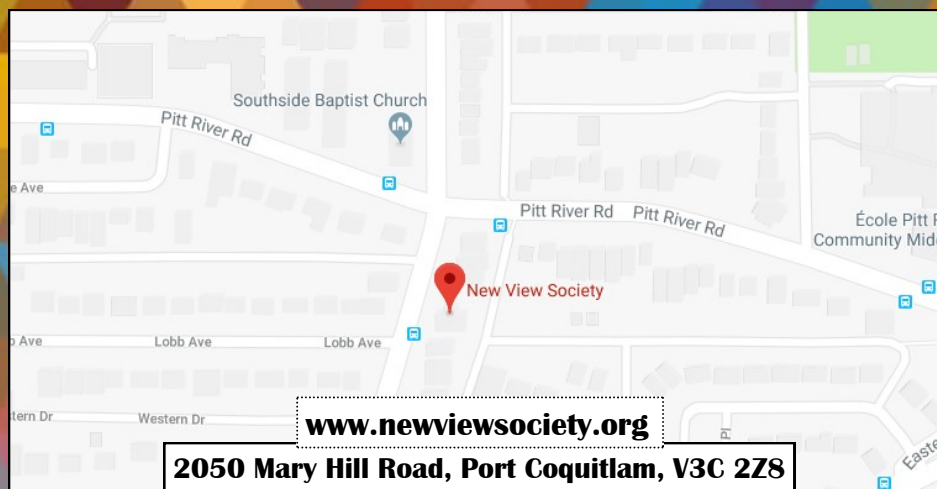


## **Cards Group** - Program Lead: Member-Led

Members take a lead in coming together for a morning of games, featuring the likes of Poker, Crib, and many more!

## **Saturday Social** - Program Lead: Krystina

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



[www.newviewsociety.org](http://www.newviewsociety.org)

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## Contact us

(604) 941-3222 + appropriate extension

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Diana Sinclair	Volunteer Coordinator and 50+ Programs	124	<a href="mailto:volunteering@newviewsociety.ca">volunteering@newviewsociety.ca</a>
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Danielle Bergevin	Iris House Coordinator	300	<a href="mailto:dbergevin@newviewsociety.ca">dbergevin@newviewsociety.ca</a>
Krystina Hetherington	Kitchen Operations	205	<a href="mailto:khetherington@newviewsociety.ca">khetherington@newviewsociety.ca</a>
Kira Gouriluk	Mental Health Worker	305	<a href="mailto:kgouriluk@newviewsociety.ca">kgouriluk@newviewsociety.ca</a>

## New View Society

# October 2019 Calendar



## Important Notes



New View Clubhouse is closed Monday, October 14th for Thanksgiving. Have a safe and joyful holiday!



Recovery Support Training (RST) will begin on October 29th. It will run on Tuesdays & Thursdays from 1 – 4 PM. Please see Krystina for details and registration.



On Friday, October 11th, New View will be having a Thanksgiving-themed Pitch-in-Kitchen menu. Come out for a nice, warm dinner with friends!



New View is hosting a Halloween Dance on Friday, October 25th. Tickets are \$5 each, and the dance will run from 5 – 10 PM!



Take note: both Yoga and the Clubhouse Member's Meetings have been moved to Fridays. Both of the programs will run at the same time!



Have you updated your recovery plans yet? Make an appointment with a staff 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 – Suds in a Bucket

New View offers part-time work opportunities to its members through its Social Enterprise programs, such as Suds in a Bucket. Whether it involves cleaning, landscaping, or another task, this program helps members develop necessary technical skills and confidence 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:




- Phone and computer help.
- Transferring files and storage.
- Posting advertisements.
- Online communication.

### Healthy Living Support

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

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	
September	Oct 18:30 AM — 4 PM	Oct 28:30 AM — 4 PM	Oct 3CLOSED	Oct 48:30 AM — 8:30 PM	Oct 5	
30	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Grocery Shop: 1 PM WRAP: 1 — 3:30 PM (closed group, pre-reg required) NV Multi-Sport: 5 — 6 PM	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Healthy Living: 12:30 — 1 PM Young Adults: 4 — 8 PM	Social Enterprise — SUDS <u>Time Sheets</u> (Staff are available by appointment only) WRAP: 1 — 3:30 PM (closed group, pre-reg required)	Social Enterprise — SUDS Muffin Social: 8:30 — 9:30 AM Smoothie Club: 11 AM — 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 — 3 PM Yoga: 2 — 3 PM Walking Club (+ Coffee): 2 — 3 PM Pitch-in-Kitchen: 2:45 — 6:30 PM Coffee House: 6:30 — 8:30 PM 🎵	Social Enterprise — SUDS Saturday Social:  New View @ 9:30 AM Chilliwack Corn Maze Cost: \$7 (Sign-up at reception)	
	Oct 78:30 AM — 4 PM	Oct 88:30 AM — 4 PM	Oct 98:30 AM — 4 PM	Oct 10CLOSED	Oct 118:30 AM — 8:30 PM	Oct 12
	Social Enterprise — SUDS Walking Club: 10 — 11 AM Lunch: 10:45 AM — 12:30 PM 50+ Forever Young: <b>CANCELLED</b>	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Grocery Shop: 1 PM WRAP: 1 — 3:30 PM (closed group, pre-reg required) NV Multi-Sport: 5 — 6 PM	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Healthy Living: 12:30 — 1 PM Young Adults: 4 — 8 PM	Social Enterprise — SUDS (Staff are available by appointment only)	Social Enterprise — SUDS Muffin Social: 8:30 — 9:30 AM Smoothie Club: 11 AM — 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 — 3 PM Yoga: 2 — 3 PM Walking Club (+ Coffee): 2 — 3 PM Thanksgiving Dinner: 2:45 — 6:30 PM Coffee House: 6:30 — 8:30 PM 🃏	Social Enterprise — SUDS Saturday Social:  TBA (Sign-up at reception)
Oct 14CLOSED	Oct 158:30 AM — 4 PM	Oct 168:30 AM — 4 PM	Oct 17CLOSED	Oct 188:30 AM — 8:30 PM	Oct 19	
	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Grocery Shop: 1 PM NV Multi-Sport: 5 — 6 PM	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Healthy Living: 12:30 — 1 PM Young Adults: 4 — 8 PM	Social Enterprise — SUDS <u>Time Sheets</u> (Staff are available by appointment only) <u>MHFA:</u> (Contact Donna)	Social Enterprise — SUDS <u>MHFA:</u> (Contact Donna) Muffin Social: 8:30 — 9:30 AM Smoothie Club: 11 AM — 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 — 3 PM Yoga: 2 — 3 PM Walking Club (+ Coffee): 2 — 3 PM Pitch-in-Kitchen: 2:45 — 6:30 PM Coffee House: 6:30 — 8:30 PM 🎵	Social Enterprise — SUDS Saturday Social:  New View @ 11 AM Halloween Matinee Movie, Cost: \$3 (Sign-up at reception)	
Oct 218:30 AM — 4 PM	Oct 228:30 AM — 4 PM	Oct 238:30 AM — 4 PM	Oct 24CLOSED	Oct 258:30 — 12, 5 — 10 PM	Oct 26	
Social Enterprise — SUDS Walking Club: 10 — 11 AM Lunch: 10:45 AM — 12:30 PM 50+ Forever Young: 1 — 3 PM  Walk @ Como Lake (Sign-up at reception)	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Grocery Shop: 1 PM NV Multi-Sport: 5 — 6 PM	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Healthy Living: 12:30 — 1 PM Young Adults: 4 — 8 PM  <u>Cheque Issue Date</u>	Social Enterprise — SUDS (Staff are available by appointment only) Bake Club: 1 — 3 PM <i>Halloween Treats</i>	Social Enterprise — SUDS Muffin Social: 8:30 — 9:30 AM Smoothie Club: 11 AM — 12:30 PM Member's Meeting: 11:30 AM  <u>Halloween Dance</u> Time: 5—10 PM Tickets: \$5 Clubhouse is closed from 12 AM — 5 PM in preparation for the dance!	Social Enterprise — SUDS Saturday Social:  New View @ 11 AM Pumpkin Carving Cost: \$3 (Sign-up at reception)	
Oct 288:30 AM — 4 PM	Oct 298:30 AM — 4 PM	Oct 308:30 AM — 4 PM	Oct 31CLOSED	November	November	
Social Enterprise — SUDS Walking Club: 10 — 11 AM Lunch: 10:45 AM — 12:30 PM 50+ Forever Young: 1 — 3 PM  Shopping @ TBA (Sign-up at reception)	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Grocery Shop: 1 PM Poetry: 1 — 2 PM RST: 1 — 4 PM (closed group, pre-reg required) NV Multi-Sport: 5 — 6 PM	Social Enterprise — SUDS Lunch: 10:45 AM — 12:30 PM Healthy Living: 12:30 — 1 PM Young Adults: 4 — 8 PM	Social Enterprise — SUDS <u>Time Sheets</u> (Staff are available by appointment only) RST: 1 — 4 PM (closed group, pre-reg required)	01	02	