

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.

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 (call Ext. 221). Cost is \$3.



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

Community Volunteerism, Soup Prep - Program Lead: Kira
Come together with other community volunteers and help prepare soup for the Extreme Weather Shelter Program.



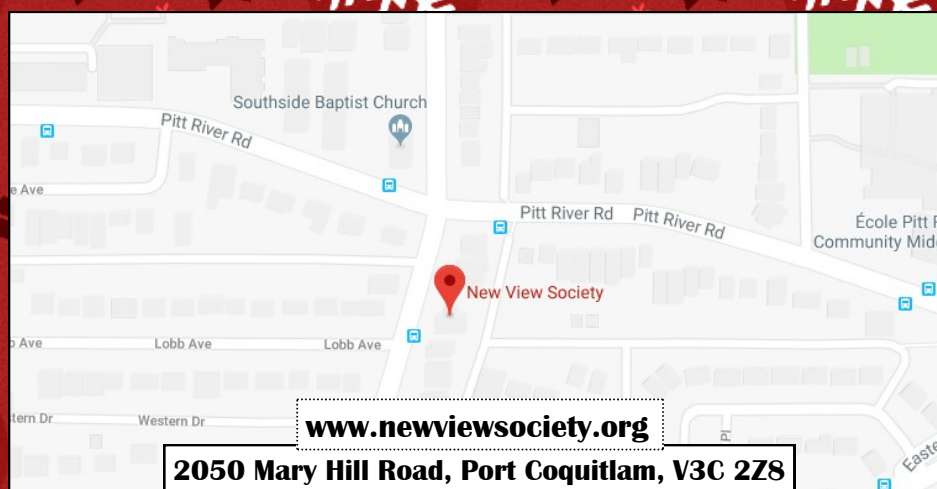
Smoothie Club - Program Lead: Kira
Both healthy *and* delicious! Come out and try the berry-banana smoothie or the weekly special. Cost is \$1.

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

2050 Mary Hill Road, Port Coquitlam, V3C 2Z8



www.facebook.com/newviewsociety



www.twitter.com/newviewsociety



newview@newviewsociety.ca



Contact us

(604) 941-3222 + appropriate extension

Dial Ext. 221 for the Kitchen extension.

Name	Position	Ext.	Email
Tiffany Melius	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Rehabilitation & Resource Manager	200	droemer@newviewsociety.ca
Helen Osagie	Housing Manager	115	hosagie@newviewsociety.ca
Chantelle Burga	Clubhouse Manager & Executive Assistant	206	cburga@newviewsociety.ca
Donna Bonertz	Employment & Rehabilitation Coordinator	110	dbonertz@newviewsociety.ca
Otilia Kozelj	Clubhouse Coordinator	204	okozelj@newviewsociety.ca
Diana Sinclair	Volunteer Coordinator & 50+ Programs	124	volunteering@newviewsociety.ca
Justin Falletta	Clubhouse Staff & Young Adults Programming	211	jfalletta@newviewsociety.ca
Danielle Bergevin	Iris House Coordinator	300	dbergevin@newviewsociety.ca
Krystina Hetherington	Kitchen Operations	205	khetherington@newviewsociety.ca
Kira Gouriluk	Mental Health Worker	305	kgouriluk@newviewsociety.ca

New View Society

December 2019 Calendar



Important Notes



New View Clubhouse is closed Wednesday, December 25th and Thursday, December 26th, for Christmas and Boxing Day, respectively. Have a safe and joyful holiday!



Please see Justin for the '12 Days of Christmas Challenges'. Each day will be a new challenge, with a prize... and potential for more!



Every morning at 9 AM, there will be a dance party in the lobby of New View Clubhouse. Come and start your day with some sweet dance moves and groovy tunes.



On Thursday, December 12th, New View and Tri-Cities Mental Health are hosting a Christmas Party at Clubhouse! Join us in celebrating the holiday season.



There are a lot of events and activities going on in the month of December. Please refer to the Calendar, posters at the Clubhouse, or staff for more details.



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:



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

YA Health and Wellness Group

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
Dec 2 8:30 AM – 4 PM	Dec 3 8:30 AM – 4 PM	Dec 4 8:30 AM – 4 PM	Dec 5 CLOSED	Dec 6 8:30 AM – 8:30 PM	Dec 7
Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Christmas Cards (Sign-up at reception)	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 12 – 1 PM <i>Gym is closed; we are going ice-skating @ PoCo Rec.</i>	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Bake-Off: 1 – 3 PM YA Dinner: 4 – 8 PM	Social Enterprise – SUDS	Social Enterprise – SUDS Muffin Social: 8:30 – 9:30 AM Dance Party: 9 AM Smoothie Club: 11 AM – 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 – 3 PM Yoga: 1 – 2 PM Walking Club (+ Coffee): 2 – 3 PM Pitch-in-Kitchen: 2:45 – 6:30 PM Singing Christmas Tree: 6:30 PM	Social Enterprise – SUDS Saturday Social: New View @ 10 AM Christmas Movies Cost: \$2 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Dec 9 8:30 AM – 4 PM	Dec 10 8:30 AM – 4 PM	Dec 11 8:30 AM – 4 PM	Dec 12 1 – 4 PM	Dec 13 8:30 AM – 8:30 PM	Dec 14
Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Shopping @ Walmart (Sign-up at reception)	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) PJ Christmas Movie: 1 – 4 PM NV Multi-Sport: 5 – 6 PM	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Baking Club: 10 AM – 12 PM <i>Kids + Members</i> Lunch: 12 PM (Pizza) YA Dinner: 4 – 8 PM	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Tri-Cities MH + New View Christmas Party: 1 – 4 PM	Social Enterprise – SUDS Muffin Social: 8:30 – 9:30 AM Dance Party: 9 AM Smoothie Club: 11 AM – 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 – 3 PM Yoga: 1 – 2 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 AM Xmas Farmers Market Cost: \$6 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Dec 16 8:30 AM – 4 PM	Dec 17 8:30 AM – 4 PM	Dec 18 8:30 AM – 4 PM	Dec 19 CLOSED	Dec 20 8:30 AM – 8:30 PM	Dec 21
Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Ugly Xmas Sweater Party: 1 PM 50+ Forever Young: 1 – 3 PM Christmas Party (Sign-up at reception)	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 2 – 4 PM <i>Gym is closed; we are having a Christmas Celebration @ New View Clubhouse.</i> Christmas Lights: 5 – 9 PM	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM YA Christmas: 6 – 10 PM <u>Cheque Issue Date</u>	Social Enterprise – SUDS (Staff are available by appointment only)	Social Enterprise – SUDS Muffin Social: 8:30 – 9:30 AM Dance Party: 9 AM Smoothie Club: 11 AM – 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 – 3 PM Yoga: 1 – 2 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 @ 4:30 PM Dinner & Play Cost: \$10 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Dec 23 8:30 AM – 4 PM	Dec 24 8:30 AM – 1 PM	Dec 25 CLOSED	Dec 26 CLOSED	Dec 27 8:30 AM – 8:30 PM	Dec 28
Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: <u>CANCELLED</u>	Social Enterprise – SUDS <u>Christmas CHALLENGE</u> (Find Justin!) Dance Party: 9 AM Brunch: 10 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: <u>CANCELLED</u>	 <i>Christmas Day</i> <i>Clubhouse Closed</i>	 <i>Boxing Day</i> <i>Clubhouse Closed</i>	Social Enterprise – SUDS Muffin Social: 8:30 – 9:30 AM Dance Party: 9 AM Smoothie Club: 11 AM – 12:30 PM Member's Meeting: 11:30 AM Cards Group: 1 – 3 PM Yoga: 1 – 2 PM Walking Club (+ Coffee): 2 – 3 PM Pitch-in-Kitchen: 2:45 – 6:30 PM	Social Enterprise – SUDS Saturday Social: New View @ 11 AM Wii Games Cost: \$2 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Dec 30 8:30 AM – 4 PM	Dec 31 8:30-2 PM, 8–1 AM	January	January	January	January
Social Enterprise – SUDS Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: <u>CANCELLED</u>	Social Enterprise – SUDS Dance Party: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: <u>CANCELLED</u>	01	02	03	04