

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.

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



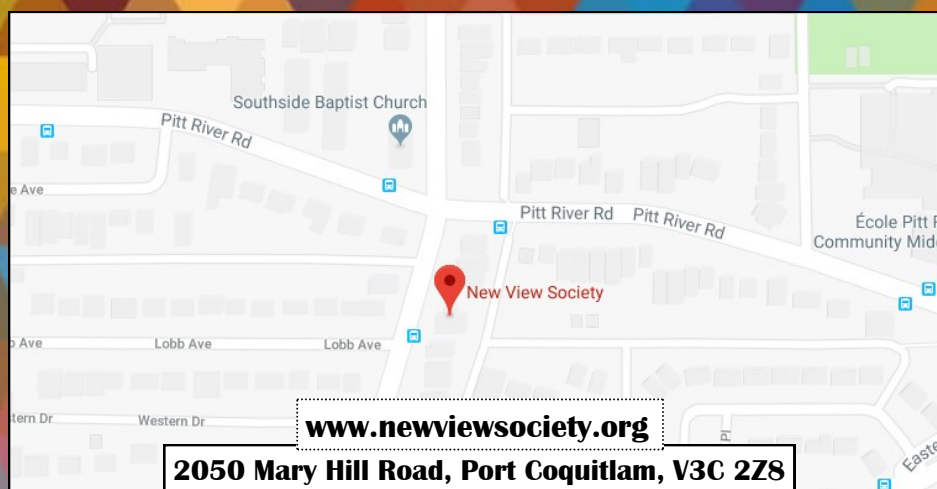
Smoothie Club - Program Lead: Kira
Both healthy *and* delicious! Come out and try the berry-banana smoothie or the weekly special. Cost is \$1.

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.



Fitness Group - Program Lead: Member-Led
Members take lead in coming together for an afternoon of health and exercise within a supportive, educational group.

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

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www.facebook.com/newviewsociety



www.twitter.com/newviewsociety



newview@newviewsociety.ca



Contact us

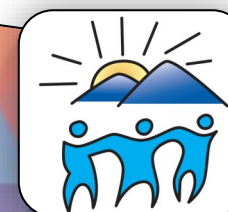
(604) 941-3222 + appropriate extension

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

January 2020 Calendar



Important Notes



New View Clubhouse is closed Wednesday, January 1st for New Years Day! Have a safe and joyful start to the new decade!



Bell Let's Talk is on Wednesday, January 29th. New View will be supporting the initiative with its presence at Waves Coffee House, on Shaughnessy.



Every morning at 9 AM, there will be a daily coffee & conversation meeting in the Clubhouse lobby, going over the plans and schedule for the day.



Sun Run Training is back! Join a very supportive group at Clubhouse every Monday & Wednesday at 10:30 AM to practice for the 10 KM event in April.



A new member-led fitness group will begin this month. The group will run from 2 – 4 PM, every Thursday, at the Port Coquitlam Rec centre. Contact Justin for info!



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.

Health and Wellness

Program Lead: Various

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 variety of health-oriented groups at New View... Multi-Sport, Sun Run Training, Group Fitness, Walking Club; whatever group you need, we have it!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December	December	Jan 1	Jan 2	Jan 3	Jan 4
30	31	2020 HAPPY NEW YEAR! <i>New Years Day</i> <i>Clubhouse Closed</i>	Social Enterprise – SUDS (Staff are available by appointment only) Group Fitness: 2 – 4 PM	Social Enterprise – SUDS 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 New Years Pasta Lunch. Cost: \$3 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11
Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Walk @ Lafarge Park (Sign-up at reception)	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Bread Packaging: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 5 – 6 PM	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM YA Dinner: 4 – 8 PM	Social Enterprise – SUDS (Staff are available by appointment only) Group Fitness: 2 – 4 PM	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: 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 @ 11 AM Pie Bake Off! Cost: \$3 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18
Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Dogwood Pavilion (Sign-up at reception)	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Bread Packaging: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 5 – 6 PM	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM YA Dinner: 4 – 8 PM	Social Enterprise – SUDS (Staff are available by appointment only) Group Fitness: 2 – 4 PM	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: 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 @ 11 AM Painting, Crafts, & Snacks. Cost: \$3 (Sign-up at reception) Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25
Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Walk @ Como Lake (Sign-up at reception)	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Bread Packaging: 9 AM Lunch: 10:45 AM – 12:30 PM Shipyards Skating: 11:30 AM – 2 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 5 – 6 PM	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM YA Dinner: 4 – 8 PM <u>Cheque Issue Date</u>	Social Enterprise – SUDS (Staff are available by appointment only) Group Fitness: 2 – 4 PM	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: 1 – 2 PM Walking Club (+ Coffee): 2 – 3 PM Pitch-in-Kitchen: 2:45 – 6:30 PM	Social Enterprise – SUDS Saturday Social: TBA Soup Prep, Volunteering: 11:30 AM – 2:30 PM
Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	February
Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM 50+ Forever Young: 1 – 3 PM Shopping @ Meadowtown (Sign-up at reception)	Social Enterprise – SUDS Morning Coffee: 8:30 – 9 AM Bread Packaging: 9 AM Lunch: 10:45 AM – 12:30 PM Grocery Shop: (contact Otilia) NV Multi-Sport: 5 – 6 PM	Social Enterprise – SUDS  Morning Coffee: 8:30 – 9 AM Sun Run TG: 10:30 – 11:30 AM Lunch: 10:45 AM – 12:30 PM YA Dinner: 4 – 8 PM	Social Enterprise – SUDS (Staff are available by appointment only) Group Fitness: 2 – 4 PM	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: 1 – 2 PM Walking Club (+ Coffee): 2 – 3 PM Pitch-in-Kitchen: 2:45 – 6:30 PM	01