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December 2023

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend: <u><i>Underlined and Italicized:</i></u> program time-change, or new/restarting program. *Starred: sign-up or pre- registration is needed. You can contact any Clubhouse staff for sign-up.	Calendar Legend: [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)	Do you prefer a digital copy of the calendar? You can find it on our website, or sign-up to be put on our email list.		Dec 1 8:30 AM—8:30 PM Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Perogies & Sausage): 3—6:30 PM Coffee House: 6:30—8:30 PM *Singing Christmas Tree: 7:30—9 PM	Dec 2 *Saturday Social Christmas Night Market [NC] [BYOF] 2—7 PM (2—4:30 PM, Hot Cocoa & Snacks)
Dec 4 8:30 AM—4 PM	Dec 5 8:30 AM—4 PM	Dec 6 8:30 AM—4 PM	Dec 7 CLOSED	Dec 8 8:30 AM—8:30 PM	Dec 9
*50+ Group, Walmart: 1—3 PM Young Adults, Video Game Night: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Vegetarian Poutine) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM 12 Days of Holiday Trivia	*Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Tortellini & Garlic Bread): 12 PM Wellness Wednesdays, Sensory Room Orientation: 1:30—2:30 PM 12 Days of Holiday Trivia	Staff Function Clubhouse Closed	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Art Club: 2—3 PM Member's Meeting: 1 PM *Pitch-in-Kitchen (Pizza Making): 3—6:30 PM Coffee House: 6:30—8:30 PM 12 Days of Holiday Trivia	*Saturday Social Festive Candle Jars [NC] [SP] 11 AM—4 PM
Dec 11 8:30 AM—4 PM	Dec 12 8:30 AM—4 PM	Dec 13 8:30 AM—4 PM	Dec 14 12—4 PM	Dec 15 8:30 AM—8:30 PM	Dec 16
*Ice Skating & Pizza: 12—2 PM *Community Group, Hot Cocoa @ Lafarge Park [NC]: 1—3 PM 12 Days of Holiday Trivia	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Beef Stew) Cards Group: 1:30—3 PM *Young Adults, Stanley Park Train [NC]: 2—7 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM 12 Days of Holiday Trivia	*Open Arms Café Lunch (Mac & Cheese): 12 PM *Wellness Wednesdays, Gingerbread House-Making: 1:30—2:30 PM 12 Days of Holiday Trivia	Crafting with Brian, Paper Bead Ornaments: 1—3 PM Colouring: 1—3 PM Chess Club: 2—3 PM *Merry & Bright: 3—7 PM 12 Days of Holiday Trivia	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Troupe de Poetry: 1 PM *Art Club, Holiday Cards!: 2—4 PM *Pitch-in-Kitchen (Beef Stew): 3—6:30 PM Coffee House: 6:30—8:30 PM 12 Days of Holiday Trivia	
Dec 18 8:30 AM—4 PM	Dec 19 8:30 AM—4 PM	Dec 20 8:30 AM—4 PM	Dec 21 12—4 PM	Dec 22 8:30 AM—3 PM	Dec 23
*50+ Group, Creekside Coffee [NVC \$2]: 1—3 PM *Young Adults, Christmas Dinner [NC]: 4—6 PM 12 Days of Holiday Trivia	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—2:30 PM (Xmas Cookie Bake & Exchange) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM 12 Days of Holiday Trivia	*Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Burgers & Fries): 12 PM *Wellness Wednesdays, "Earn Your Smore": 1:30—2:30 PM Cheque Issue Date 12 Days of Holiday Trivia	*Crafting with Brian, Diamond Painting for Beginners: 1—3 PM Colouring: 1—3 PM Chess Club: 2—3 PM 12 Days of Holiday Trivia	Christmas Lunch 1—2:30 PM No Cost!	*Member-Led Saturday Social Pasta Polo [NVC \$5] 12 PM
Dec 25 CLOSED	Dec 26 CLOSED	Dec 27 8:30 AM—4 PM	Dec 28 12—4 PM	Dec 29 8:30 AM—3 PM	Dec 30
Christmas Day Clubhouse Closed	Boxing Day Clubhouse Closed	*Open Arms Café Lunch (Soup & Bun): 12 PM Wellness Wednesdays, 'SMART' Goals: 1:30—2:30 PM Meditation: 3 PM	Crafting with Brian, Sticker Art: 1—3 PM Colouring: 1—3 PM Chess Club: 2—3 PM	Pajama Day! Come wear your pajamas at New View Clubhouse! New Years Eve Lunch 12—1:30 PM No Cost!	

Groups and Program Descriptions for December



What's
Happening
This month?

- **Adopt-a-Spot** — *Lead: Jennifer B* — In-Person — A supported volunteer opportunity to join a small group removing litter near the river. All supplies provided. A chance to give back to the community & have a positive impact on the environment.
- **Art Club** — *Lead: Melayna* — In-Person — A self-directed group where you can choose what kind of art you want to do. Do you want to paint? Do you want to draw? Do you only want to sit and socialize? It's your choice!
- **Book Club** — *Lead: Natasha* — Hybrid — Current book is *Obasan*, by Joy Kogawa. Members read the book at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **Cards Group** — *Lead: Member-Led* — In-Person — Join us for fun card games ranging from Crazy Eights, to Kings in the Corner. The games of choice are up to the group!
- **Chess Club** — *Lead: Melayna* — In-Person — Open to all skill levels, from beginner to advanced. This is a great group to learn and have fun playing the game of chess!
- **Coffee House** — *Lead: Various* — In-Person — An evening of games, live music, great company, along with some free snacks and coffee.
- **Colouring Group** — *Lead: Member-Led* — In-Person — Join us for this relaxing activity. We have supplies ready, however you are welcome to bring your own as well!
- **Community Group** — *Lead: Zelda* — In-Person — Come join us in exploring the community together through meet-ups at the park and other various excursions!
- **Crafting with Brian** — *Lead: Member-Led (Brian)* — In-Person — This is a great chance to learn how to do all kinds of different crafts with supportive instruction!
- **Ice Skating & Pizza** — *Lead: Justin* — In-Person — We will be ice skating at the Port Coquitlam Community Centre and have a small pizza party after! All skating levels are welcome. Cost for skating and rentals is \$3. Cost for 2 slices of pizza is \$3. Sign-up is mandatory.
- **Kitchen Skills** — *Lead: Melayna* — In-Person — Build your confidence in the kitchen! A smaller group for closer instruction. You eat what you cook! Cost: \$3. Sign-up and registration is needed by Monday @ 12 PM.
- **Meditation** — *Lead: Member-Led (Wes)* — Hybrid — Come relax your mind and body through guided meditation practice.
- **Member's Meeting** — *Lead: Otilia* — Hybrid — A great opportunity for members to voice their suggestions, thoughts, and ideas on Clubhouse programming.
- **Merry & Bright** — *Lead: Otilia & Zelda* — In-Person — This is a real film set decorated for the holidays! Visit a New York City Street, courthouse, diner, town square, and small town. There will be live entertainment, an artisan market, and food trucks. Cost is \$5.
- **Muffin Morning** — *Lead: Donna & Helen* — In-Person — On Friday mornings people come together for freshly baked muffins and great conversation. No cost.
- **Open Arms Café Lunch** — *Lead: Zelda* — In-Person — Members come together for a nice lunch! Cost is \$4. Ext. 221 for sign-up. Sign-up by Wednesday @ 10:30 AM.

  Staff Contact List			
Name	Position	Ext.	Email/Texting
Chantelle Burga	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Rehabilitation & Resource Manager	200	droemer@newviewsociety.ca
Helen Osagie	Housing Manager	115	hosagie@newviewsociety.ca
Otilia Kozelj	Clubhouse Manager	204	chmanager@newviewsociety.ca Yak Chat (text): 727-292-1727
Donna Bonertz	Employment & Rehabilitation Manager	110	dbonertz@newviewsociety.ca Yak Chat (text): 604-239-0581
Justin Falletta	Volunteer Support & Sports Programs	211	jfalletta@newviewsociety.ca Yak Chat (text): 604-239-0623
Natasha Moloney	Young Adults Programs	305	nmoloney@newviewsociety.ca Yak Chat (text): 604-239-0631
Zelda Hunt	50+ Programs & Kitchen Operations	122	zhunt@newviewsociety.ca Yak Chat (text): 604-239-0568
Melayna Vergara	Clubhouse Staff	106	mvergara@newviewsociety.ca
Sareena Clay	Clubhouse Staff	209	sclay@newviewsociety.ca
Jordanne Aikins	Iris House Coordinator	300	jaikins@newviewsociety.ca

- **Pitch-in-Kitchen** — *Lead: Zelda* — In-Person — Members come together for a nice dinner every Friday! The cost for the meal is \$4 for those who help with a chore, or \$7.25 for those that don't. Ext. 221 for sign-up. Sign-up by Friday @ 1 PM.
- **Saturday Social** — *Lead: Zelda/Melayna/Member-Led (Florence & Angela)* — In-Person — This is an inclusive social group that meets on Saturdays for different activities!
- **Self-Compassion Group** — *Lead: Justin* — In-Person — Build inner-strength, self-acceptance, and resilience through learning and practicing self-compassion.
- **Singing Christmas Tree** — *Lead: Otilia* — In-Person — This highly popular Vancouver tradition sees a choir of 80+ singers arranged in a giant, 10-layer on-stage Christmas tree. We will be taking the New View van, and there is no cost to this event. Meet at Clubhouse for 5:30 PM.
- **Smoothie Club** — *Lead: Natasha* — In-Person — Natasha and a couple of members have fun making a different smoothie each week. The cost is \$1.
- **Supported Employment** — *Lead: Donna* — In-Person — Staff works alongside members in the Clubhouse and New View properties. Volunteer & job search help, resume building, career exploration, interview prep help are all available.
- **Technology Support** — *Lead: Justin* — Hybrid — Phones, computers, the internet, "the cloud"; suffice to say, technology can be daunting. If you need support in navigating your devices, feel free to make an appointment with Justin.
- **Troupe de Poetry** — *Lead: Member-Led (Karen)* — In-Person — A fun poetry performance led by one of our members. Poetry will be read by a great group of poets for your listening pleasure!
- **Walking Group** — *Lead: Member-Led (Angela)* — In-Person — Members go out for a light, relaxing stroll around Port Coquitlam.
- **Wellness Wednesdays** — *Lead: Natasha* — In-Person — Group discussion, practice, or activity related to one's wellness takes place each week.
- **Young Adults Group** — *Lead: Natasha* — In-Person — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and excursions!
- **12 Days of Holiday Trivia** — *Lead: Justin* — In-Person — There is a new, holiday-related trivia question each day. If you answer the question correctly, you receive a small chocolate and your name entered in a draw for a small Christmas gift.
- **50+ Group** — *Lead: Zelda* — In-Person — Adults, ages 50+, engage in social activities together ranging from activities in the park, to shopping, and to crafts.