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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 1 CLOSED	Apr 2 8:30 AM—4 PM	Apr 3 8:30 AM—4 PM	Apr 4 12—4 PM	Apr 5 8:30 AM—8:30 PM	Apr 6
Clubhouse Closed Easter Monday	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Fruit Salad) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Burgers & Fries): 12 PM *Wellness Wednesdays, Recipe Book Making: 1:30—2:30 PM	Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Chicken Country Biscuit Casserole): 3—6:30 PM Coffee House: 6:30—8:30 PM	
Apr 8 8:30 AM—4 PM	Apr 9 8:30 AM—4 PM	Apr 10 8:30 AM—4 PM	Apr 11 12—4 PM	Apr 12 8:30 AM—8:30 PM	Apr 13
*Community Group, Shopping @ Walmart: 1—3 PM Young Adults, Card Game Night [SP]: 3—6 PM	Self-Compassion Group: 10—11 AM *Sound Yoga: 11 AM—12 PM *Kitchen Skills: 12—1:30 PM (Veggie Soup) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (BLT Wrap): 12 PM Wellness Wednesdays, Yoga: 1:30—2:30 PM Women's Group: 2:30—3:30 PM	Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Member's Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Beef Stir Fry): 3—6:30 PM Coffee House: 6:30—8:30 PM	*Saturday Social Rocky Point Walk & Ice Cream [NVC \$5] 12—4 PM
Apr 15 8:30 AM—4 PM	Apr 16 8:30 AM—4 PM	Apr 17 8:30 AM—4 PM	Apr 18 12—4 PM	Apr 19 8:30 AM—8:30 PM	Apr 20
*Community Group, Buntzen Lake [BYOL]: 11 AM—3 PM *Young Adults, Dungeons & Dragons [SP]: 3:30—6:30 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Make-Your-Own Sandwich!) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Cheese Quesadillas): 12 PM *Wellness Wednesdays, Veggie Planting: 1:30—2:30 PM <u>Cheque Issue Date</u>	Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM *SafeZone: 1:30—3:30 PM	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Ministry Q&A with Pam: 10 AM *Medicine Bag & Smudging: 1 PM *Pitch-in-Kitchen (Burrito & Mexi Fries): 3—6:30 PM Coffee House: 6:30—8:30 PM	*Member-Led Saturday Social Lunch @ Pasta Polo [NVC \$5] 12 PM
Apr 22 8:30 AM—4 PM	Apr 23 8:30 AM—4 PM	Apr 24 8:30 AM—4 PM	Apr 25 12—4 PM	Apr 26 8:30 AM—8:30 PM	Apr 27
Men's Group: 2—3 PM *Young Adults Dinner, Macaroni Salad [Cost: \$4]: 4—6 PM	Self-Compassion Group: 10—11 AM *Sound Yoga: 11 AM—12 PM *Kitchen Skills: 12—1:30 PM (Homemade Muffins) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Pizza!): 12 PM *Wellness Wednesdays, Walk to Lions Park & Dairy Queen [NVC \$3]: 1:30—2:30 PM	Colouring: 1—3 PM *SafeZone: 1:30—3:30 PM	Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM *Crib Tournament: 1—3 PM *Art Club, Watercolour Painting: 1:30—3 PM *Pitch-in-Kitchen (BBQ Burgers & Potato Salad): 3—6:30 PM Coffee House: 6:30—8:30 PM	
Apr 29 8:30 AM—4 PM	Apr 30 8:30 AM—4 PM	Calendar Legend: <u>Underlined and Italicized</u> : program time-change, or new/restarting program. *Starred: sign-up or pre-registration is needed. <i>You can contact any Clubhouse staff for sign-up.</i>		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.
*Community Group, C Market Café [NVC \$3]: 1—3 PM *Young Adults, Extreme Air Park [NVC \$15]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Stuffed French Toast) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM				

Groups and Program Descriptions for April



- **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 *TBA*. 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!
- **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!
- **Crib Tournament** – *Lead: Justin* – In-Person – Calling all people familiar with the game of crib! If you know how to play, this is a good chance to show-off your skills!
- **Goal Setting** – *Lead: Zelda* – In-Person – This group is for those who want to accomplish their goals with the support of an inclusive group. Closed group.
- **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.
- **Medicine Bag & Smudging** – *Lead: Donna* – In-Person – Dawn is coming to the clubhouse to do a smudging ceremony and help with making medicine bags!
- **Meditation** – *Lead: Member-Led (Wes)* – Hybrid – Come relax your mind and body through guided meditation practice.
- **Member's Meeting** – *Lead: Otilia/Justin* – Hybrid – A great opportunity for members to voice their suggestions, thoughts, and ideas on Clubhouse programming.
- **Men's Group** – *Lead: Justin* – In-Person – A group for men to connect with each other through conversation and mutual activity.
- **Ministry Q&A with Pam** – *Lead: Otilia* – In-Person – This is an opportunity for members to ask ministry-related questions at the Clubhouse. Come in the day of and make an appointment with Otilia to see Pam.
- **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.
- **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.

 **Staff Contact List**
604-941-3222 (Reception), 236-808-3917 (Clubhouse Cell Phone)

Name	Position	Ext.	Email
Chantelle Burga	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Seniors Program Manager		droemer@newviewsociety.ca 236-235-1388
Helen Osagie	CLS Manager	115	hosagie@newviewsociety.ca
Donna Bonertz	Housing Manager	110	dbonertz@newviewsociety.ca
Otilia Kozelj	Clubhouse Manager	204	chmanager@newviewsociety.ca
Justin Falletta	Referrals & Member Orientation	211	jfalletta@newviewsociety.ca
Natasha Moloney	Young Adults Coordinator	305	nmoloney@newviewsociety.ca
Zelda Hunt	Kitchen Operations	122	zhunt@newviewsociety.ca
Melayna Vergara	Employment Specialist	106	mvergara@newviewsociety.ca
Jordanne Aikins	Iris House Coordinator	300	jaikins@newviewsociety.ca

- **SafeZone Workshop** – *Lead: Natasha & Melayna* – In-Person – The SafeZone Project is a workshop providing education, activities, and resources for people wanting to learn more about sexuality, gender, and LGBTQ+ related topics. This is a closed group and sign-up is required beforehand. Two-part workshop.
- **Saturday Social** – *Lead: Zelda/Melayna/Member-Led (Flo & 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.
- **Smoothie Club** – *Lead: Natasha* – In-Person – Natasha and a couple of members have fun making a different smoothie each week. The cost is \$1.
- **Sound Yoga** – *Lead: Otilia* – In-Person – We will be taking the van over to a studio to do this group. In sound yoga, specific sounds, tones, and frequencies, are used to stimulate the body's energy centers and promote overall well-being.
- **Supported Employment** – *Lead: Melayna* – 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 – Technology can be daunting. If you need support in navigating your devices, make an appointment with Justin!
- **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.
- **Women's Group** – *Lead: Melayna* – In-Person – A group for women to connect with each other through conversation and mutual activity.
- **Young Adults Group** – *Lead: Natasha* – In-Person – Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and excursions!