

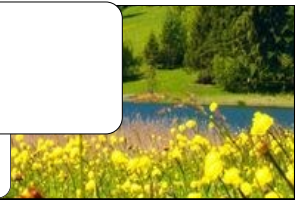


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April 2025

Clubhouse Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:	Apr 1 8:30 AM—4 PM	Apr 2 8:30 AM—4 PM	Apr 3 12—4 PM	Apr 4 8:30 AM—8 PM	Apr 5
<i>Underlined and Italicized: program time-change, or new/restarting program. *Starred: sign-up or pre-registration is needed. You can contact any Clubhouse staff for sign-up.</i>	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Veggie Poutine) Cards Group: 1:30—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Pizza Lunch!): 12 PM Wellness Wednesdays, Gratitude Journaling: 1:30—2:30 PM	Colouring: 1—3 PM *Book Club: 2—3 PM	Muffin Morning: 8:30 AM Ministry Q&A, Lyndsay: 9 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Perogies & Ukrainian Sausage): 3—6:30 PM Coffee House: 6:30—8 PM	*Saturday Social <u>Blodel</u> <u>Conservatory</u> (Zelda) [NVC \$4] 11 AM—4 PM
Apr 7 8:30 AM—4 PM	Apr 8 8:30 AM—4 PM	Apr 9 8:30 AM—4 PM	Apr 10 CLOSED	Apr 11 8:30 AM—8 PM	Apr 12
*Community Group, Walmart: 12—3 PM *Young Adults, Tater Tot Bowls [Cost: \$4]: 4—6 PM	Self-Compassion Group: 10—11 AM <u>FVRL Robots: 11:30 AM—12:30 PM</u> *Kitchen Skills: 12—1:30 PM (Greek Salad) <u>Music Trivia: 1—2 PM</u> Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Tater Tots Breakfast Bowl): 12 PM *Wellness Wednesdays, Easter Cookie Decorating: 1:30—2:30 PM	<p><u>Clubhouse</u> <u>Closed</u></p>	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Members Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Philly Cheesesteak Pasta): 3—6:30 PM Coffee House: 6:30—8 PM	
Apr 14 8:30 AM—4 PM	Apr 15 8:30 AM—4 PM	Apr 16 8:30 AM—4 PM	Apr 17 12—4 PM	Apr 18 CLOSED	Apr 19
<u>*Smudging & Medicine Bags w/ Elder Dawn (Cost: \$10): 10:30 AM—1 PM</u> *Community Group, Thrifting w/ Emerald: 11 AM—3 PM *Young Adults, PoCo Bowl [NVC \$4.50]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (BLT Egg McMuffins) Cards Group: 1:30—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Easter Ham Lunch): 12 PM *Crafting Group: 2—3 PM TCMH Presentation with Peter, Addiction: 3 PM <p style="text-align: center;"><u>Cheque Issue Date</u></p>	Colouring: 1—3 PM *Goal Setting: 1—2:30 PM *Book Club: 2—3 PM (Melayna) Men's Group: 2:15—3:15 PM	<p><u>Clubhouse</u> <u>Closed</u> Good Friday</p>	*Member-Led Saturday Social <u>X-Site Grill</u> <u>(Burnaby), Lunch</u> [NVC \$5] 12 PM
Apr 21 CLOSED	Apr 22 8:30 AM—4 PM	Apr 23 8:30 AM—4 PM	Apr 24 12—4 PM	Apr 25 8:30 AM—8 PM	Apr 26
<p><u>Clubhouse</u> <u>Closed</u> Easter Monday</p>	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Pesto Pasta Salad) <u>Hearts (Card Game): 2—3 PM</u> Meditation: 3 PM Walking Group: 3—4 PM	*Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Ham & Cheese Croissant): 12 PM *The InBetweeners, Activity TBD: 2:30 PM	Colouring: 1—3 PM *Goal Setting: 1—2:30 PM *Book Club: 2—3 PM (Melayna) Men's Group @ Waves Coffee: 2:15—3:15 PM *Swimming Group: 3:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Crib Tournament: 1—3 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Lemon Chicken Rice Casserole): 3—6:30 PM Coffee House: 6:30—8 PM	
Apr 28 8:30 AM—4 PM	Apr 29 8:30 AM—4 PM	Apr 30 8:30 AM—4 PM	Calendar Legend:		
*Community Group, Buntzen Lake [BYOL]: 11:30 AM—2:30 PM Young Adults, Games Night w/ Emerald: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (5 Cheese Mac & Cheese) Cards Group: 1:30—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (TBD): 12 PM Women's Group: 2—3 PM TCMH Presentation with Peter, Boundaries: 3 PM	[LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)	We have a Peer Support Worker, Helen C, available for support on Friday afternoons. If you'd like to speak with someone empathetic who has lived experience, feel free to connect with her.	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.

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 *TBD*. 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!
- **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 Group** – *Lead: Member-Led (Doreen)* – In-Person – Fun and creative crafts for everyone! All supplies provided. Limited spots available, make sure to sign-up.
- **Crib Tournament** – *Lead: Member-Led (Prakash)* – In-Person – Join us for a fun Cribbage tournament! Knowledge of rules & how-to-play is a requirement for sign-up.
- **FVRL Robots** – *Lead: Natasha & Devon* – In-Person – Program a tiny robot! Devon from the library will be coming to the clubhouse and showing members how to program a robot using coloured markers!
- **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.
- **Hearts (Card Game)** – *Lead: Member-Led (Charles)* – In-Person – This is an opportunity for members to learn the popular card game, Hearts, taught by Charles.
- **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 @ 10 AM.
- **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.
- **Men's Group** – *Lead: Justin & Noah* – In-Person – A group for men to connect with each other through conversation and mutual activity.
- **Ministry Q&A with Lyndsay** – *Lead: Various* – 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 Lyndsay.

 Staff Contact List Reception: 604-941-3222			
Name	Position	Ext.	Email & Work Cell
Chantelle Burga	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Seniors Program Manager		droemer@newviewsociety.ca General line: 236-235-1347
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	Clubhouse Staff	211	jfalletta@newviewsociety.ca 236-858-0027
Natasha Moloney	Clubhouse, Young Adults Coordinator	305	nmoloney@newviewsociety.ca 672-335-0944
Zelda Hunt	Clubhouse, Kitchen Operations	122	zhunt@newviewsociety.ca 236-808-3917
Melayna Vergara	Clubhouse, Pre-Employment Services	106	mvergara@newviewsociety.ca 672-335-0382
Noah Battista	Clubhouse, Referrals and Member Orientation		nbattista@newviewsociety.ca 672-335-1027
Emerald Osagie	Iris House Coordinator	300	eosagie@newviewsociety.ca

- **Music Trivia** – *Lead: Member-Led (Cecilia)* – In-Person – Test your knowledge of popular music! There are prizes to be won. No sign-up required.
- **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 otherwise. Ext. 221 for sign-up. Maximum sign-up of 35 people.
- **Pre-Employment Services** – *Lead: Melayna* – In-Person – Volunteer & job search help, resume-building, career exploration, interview-prep help are available by appointment.
- **Saturday Social** – *Lead: Zelda/Melayna/Member-Led (Flo & Angela)* – In-Person – This is an inclusive social activity group that meets on Saturdays!
- **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.
- **Smudging & Medicine Bags** – *Lead: Zelda & Dawn* – In-Person – Experience the healing power of smudging and learn how medicine bags are used for spiritual and emotional support. The cost is \$10.
- **Swimming Group** – *Lead: Member-Led (Giorgio)* – In-Person – Walk down with us to the Port Coquitlam Community Centre for a leisurely swimming hangout.
- **TCMH Presentation with Peter** – *Lead: Otilia* – In-Person – Peter from TCMH is coming to the Clubhouse to conduct a couple of informal presentations/workshops on addiction and boundaries.
- **The Inbetweeners** – *Lead: Member-Led (Doreen)* – In-Person – This is a member-led social group for everyone between the Young Adults and Seniors programs (32-55).
- **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 an 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 community excursions!