

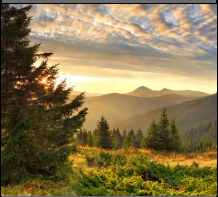



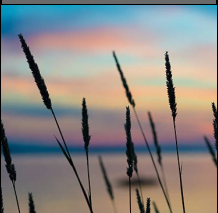


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August 2025

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Calendar Legend:	Calendar Legend:		Aug 1 8:30 AM—6:30 PM	Aug 2
Do you prefer a digital copy of the calendar? You can find it on our website, or sign-up to be on our email list.	<u><i>Underlined and Italicized:</i></u> <u><i>new/restarting program.</i></u> <i>*Starred: sign-up is needed.</i> <i>You can contact any Clubhouse staff for sign-up.</i>	[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 Fridays, August 1st, 22nd, & 29th. If you'd like to share time with someone empathetic who has lived experience, feel free to connect with her.	Ministry Q&A: 9 AM—12 PM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (TBD): 3—6:30 PM	
Aug 4 CLOSED	Aug 5 8:30 AM—4 PM	Aug 6 8:30 AM—4 PM	Aug 7 12—4 PM	Aug 8 8:30 AM—6:30 PM	Aug 9
<u>Clubhouse Closed</u> BC Day	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Caprese Sandwich) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Grilled Cheese & Salad): 12 PM Wellness Wednesday, Earn Your Popsicle Activity: 1:30—2:30 PM *Crafting Group, Tote Bag Painting: 2:30—3:30 PM Workshop w/ Peter, Emotions: 3 PM	Colouring: 1—3 PM *Softball: 1—3 PM Gym Group: 2—3 PM	*Smoothie Club: 10 AM Members Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Souvlaki w/ Rice): 3—6:30 PM	*Saturday Social <u>In-House Baking</u> 10 AM—3 PM <u>SafeZone Alumni:</u> <u>Drag Brunch</u> 9:30 AM—2 PM
Aug 11 8:30 AM—4 PM	Aug 12 8:30 AM—4 PM	Aug 13 CLOSED	Aug 14 12—4 PM	Aug 15 8:30 AM—6:30 PM	Aug 16
*Hiking Group: 10 AM *Young Adults, Lafarge Lake [NVC \$3]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (3 Bean Salad with Mozzarella) *Art Class, <u>Sticker by Number w/ Becky & Brian: 1—2 PM</u> Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Adopt-a-Spot: 10—11 AM  * <u>Interclubhouse Picnic</u> City Park, Langley 10 AM—1 PM Be at Clubhouse for 9:30 AM! 	Colouring: 1—3 PM *Softball: 1—3 PM Gym Group: 2—3 PM	*Smoothie Club: 10 AM * <u>Art Club, Brick Stitch Beading with Allie (pt. 1): 1—2:30 PM</u> *Pitch-in-Kitchen (Chicken Broccoli Alfredo): 3—6:30 PM	*Clubhouse Football Lovers, Home Game: 4 PM 
Aug 18 8:30 AM—4 PM	Aug 19 8:30 AM—4 PM	Aug 20 8:30 AM—4 PM	Aug 21 12—4 PM	Aug 22 8:30 AM—6:30 PM	Aug 23
*Community Group, Visiting Krystina @ Centennial Place Clubhouse: 10 AM—3 PM *Young Adults, Mini Golf [NVC \$7]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Cherry Tomato Bruschetta) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Cobb Salad): 12 PM * <u>Whale House Luau: 11 AM—6 PM</u> Wellness Wednesday, Stretching & Yoga: 1:30—2:30 PM Workshop w/ Peter, Stress: 3 PM *In-Betweeners Group, Rec Room Burnaby: 4 PM	Colouring: 1—3 PM *Softball: 1—3 PM Gym Group: 2—3 PM	*Smoothie Club: 10 AM * <u>Art Club, Brick Stitch Beading with Allie (pt. 2): 1—2:30 PM</u> *Pitch-in-Kitchen (Beef Burritos): 3—6:30 PM	*Member-Led Saturday Social <u>Sasaya Bistro</u> [NVC \$5] 12 PM
Aug 25 8:30 AM—4 PM	Aug 26 8:30 AM—4 PM	Aug 27 8:30 AM—4 PM	Aug 28 12—4 PM	Aug 29 8:30 AM—6:30 PM	Aug 30
*Hiking Group: 10 AM *Young Adults, Grilled Chicken Salad Dinner [Cost: \$4]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Protein Snack Balls) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Adopt-a-Spot: 10—11 AM *Open Arms Café Lunch (Tacos): 12 PM Wellness Wednesdays, Coping Skills: 1:30—2:30 PM Men's Group @ the park!: 2—3:30 PM Women's Group: 2:30—3:30 PM <u>Cheque Issue Date</u>	Colouring: 1—3 PM *Softball: 1—3 PM Gym Group: 2—3 PM	*Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Smash Burgers): 3—6:30 PM	

Groups and Program Descriptions for August



- **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 *Persuasion* by Jane Austen. Members read the book at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **Clubhouse Football Lovers Fan Club** — *Lead: PSW Helen C* — In-Person — Sign-up for the chance to receive a free ticket to attend a game at BC place courtesy of New View Society! PSW Helen C is available to join if you would like support in attending. There are only 4 more games available to attend this season!
- **Colouring Skills** — *Lead: Member-Led (Lana)* — In-Person — Learn specific colouring skills in this support group. There is a different technique each week.
- **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.
- **Gym Group** — *Lead: Veronica & Sareena* — In-Person — Join Seniors Program Staff and other members for a workout or a swim. They will be there for support but are not personal trainers. There is no cost! Meet at the Port Coquitlam Community Centre.
- **Hiking Group** — *Lead: Melayna* — In-Person — A great chance to get into nature! Please refer to the poster for details.
- **Interclubhouse Picnic** — *Lead: Various* — In-Person — This is part of a picnic series where each Clubhouse hosts a picnic in their area, open to other clubhouses. On August 16th we are invited to join Stepping Stones at City Park in Langley.
- **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.



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

- **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: Noah* — In-Person — A group for men to connect with each other through conversation and mutual activity.
- **Ministry Q&A w/ Lyndsay** — *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 Lyndsay.
- **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.
- **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.
- **Softball** — *Lead: Justin* — In-Person — Open to all skill levels! Not competitive and lot's of fun! This will be hosted by New View, New Leaf, and Stepping Stones.
- **Smoothie Club** — *Lead: Natasha* — In-Person — Natasha and a couple of members have fun making a different smoothie each week. The cost is \$1.
- **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.
- **Whale House Luau** — *Lead: Zelda* — In-Person — A party in White Rock! There will be live music and prizes. Cost: \$3 for admission; hot dog, chips, pop are \$1 each.
- **Women's Group** — *Lead: Melayna* — In-Person — A group for women to connect with each other through conversation and mutual activity.
- **Workshop with Peter** — *Lead: Otilia* — In-Person — Peter from TCMH is coming to the Clubhouse to conduct an informal workshop on Balanced Lifestyles.
- **Young Adults Group** — *Lead: Natasha* — In-Person — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!