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December 2025

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 1 8:30 AM—4 PM Community Group, Walk'n'Shop on Kelly Ave [NVC Coffee]: 1—3 PM Young Adults, Christmas Movie [SP]: 4—6 PM	Dec 2 8:30 AM—4 PM Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Dec 3 8:30 AM—4 PM * <u>Aqua Fit: 10:30 AM</u> *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Soup & Sandwich): 12 PM *Wellness Wednesday, 2026 Vision Boards: 1:30—2:30 PM Workshop w. Peter, Seasonal Stress: 3 PM	Dec 4 12—4 PM Healthy Living, Gym Group @ PoCo Rec Center: 1—3 PM Colouring: 1—3 PM	Dec 5 CLOSED <u>Clubhouse Closed</u>	Dec 6
Dec 8 8:30 AM—4 PM *Young Adults, Pizza & Planning [NC]: 4—6 PM	Dec 9 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—2 PM (TBD — give Mel some ideas!) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Dec 10 8:30 AM—4 PM * <u>Aqua Fit: 10:30 AM</u> *Open Arms Café Lunch (Enchiladas): 12 PM Wellness Wednesday, Self-Care over the Holidays: 1:30—2:30 PM	Dec 11 9:30 AM—4 PM * <u>Finance Clinic: 9:30 AM—3 PM</u> Healthy Living, Understanding Food Labels: 1—3 PM Colouring: 1—3 PM	Dec 12 8:30 AM—7:30 PM Muffin Morning: 8:30 AM *Smoothie Club: 10 AM <u>Troupe de Poetry: 1—3 PM</u> Art Club, Holiday Cards: 1:30—3 PM *Pitch-in-Kitchen (Baked Chicken Pasta): 3—6:30 PM Coffee House: 6—7:30 PM	Dec 13
Dec 15 8:30 AM—4 PM *Community Group, Walmart: 12:30—3 PM *Young Adults, Lights at Lafarge [NVC \$5]: 4—6 PM	Dec 16 8:30 AM—4 PM Self-Compassion Group: 10—11 AM Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Dec 17 8:30 AM—4 PM * <u>Aqua Fit: 10:30 AM</u> *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Turkey Cranberry Sandwich): 12 PM *Wellness Wednesday, Cookie Decorating: 1:30—2:30 PM Men's Group: 2—3 PM Workshop w. Peter, Models of Addiction: 3 PM Cheque Issue Date	Dec 18 12—4 PM Healthy Living, Gym Group @ PoCo Rec Center: 1—3 PM Colouring: 1—3 PM	Dec 19 8:30 AM—7:30 PM Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Members Meeting: 1 PM Art Club, Holiday Ornaments: 2—3 PM *Pitch-in-Kitchen (Bacon Cheeseburger): 3—6 PM Coffee House: 6—7:30 PM	Dec 20 *Member-Led Saturday Social <u>Gordon Ramsay Burger</u> [NVC \$5] 12 PM
Spirit Week: Monochrome Day!	Spirit Week: Ugly Xmas Sweater!	Spirit Week: Sports Day!	Spirit Week: Flannel Day!	Spirit Week: Pajama Day!	
Dec 22 8:30 AM—4 PM *Community Group, Christmas Market TBD: TBD *Young Adults, Holiday Dinner & Festive Activities [NC]: 12—4 PM	Dec 23 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—2 PM (Xmas Cookie Bake Exchange) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Dec 24 8:30 AM—2 PM <u>Christmas Eve Brunch</u> <u>New View Clubhouse @ 11 AM</u>	Dec 25 CLOSED <u>Clubhouse Closed</u> Christmas Day	Dec 26 CLOSED <u>Clubhouse Closed</u> Boxing Day	Dec 27
Dec 29 8:30 AM—4 PM *Young Adults, Burnaby Village Museum [NVC \$3]: 3—6 PM	Dec 30 8:30 AM—4 PM Self-Compassion Group: 10—11 AM Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Dec 31 8:30 AM—3 PM *Adopt-a-Spot: 11 AM—12 PM <u>New Years Eve Lunch</u> <u>New View Clubhouse @ 12 PM</u> <u>New Years Eve Party</u> <u>New View Clubhouse @ 7 PM</u> (Stay tuned for details)	Calendar Legend: [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)	Calendar Legend: <u>Underlined and Italicized:</u> new/restarting program. *Starred: sign-up is needed. You can contact any Clubhouse staff for sign-up.	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.

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!
- **Agua Fit** — *Lead: Otilia & Melissa* — In-Person — This is a low-impact pool workout designed to improve strength, endurance, and flexibility!
- **Book Club** — *Lead: Natasha* — Hybrid — Current book is *Born a Crime* by Trevor Noah. Members read the book at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **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!
- **Finance Clinic** — *Lead: Various* — In-Person — A CRA & Service Canada Presentation, followed by the Finance Clinic. This is a great chance to get your ministry, CRA, and Service Canada-related questions answered without having to wait in line!
- **Gym Group** — *Lead: Veronica* — 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.
- **Healthy Living** — *Lead: Sareena* — In-Person — From time at the gym to walks in the park, this group is a great opportunity to be active within your own community!
- **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 236-818-1051
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
Sareena Clay	Clubhouse, Referrals and Member Orientation		sclay@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.
- **Men's Group** — *Lead: Noah (Contact: Justin)* — In-Person — A group for men to connect with each other through conversation and mutual activity.
- **Member's Meeting** — *Lead: Otilia* — Hybrid — A great opportunity for members to voice their suggestions, thoughts, and ideas on Clubhouse programming.
- **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 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.
- **Smoothie Club** — *Lead: Natasha* — In-Person — Natasha and a couple of members have fun making a different smoothie each week. The cost is \$1.
- **Spirit Week** — *Lead: Sareena* — In-Person — Have fun this week by dressing-up to the different themes of each day!
- **Troupe de Poetry** — *Lead: Member-Led (Karen)* — In-Person — A fun Xmas 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 an activity related to one's wellness takes place each week.
- **Workshop with Peter** — *Lead: Otilia* — In-Person — Peter from TCMH is coming to the Clubhouse this month to conduct informal workshops on Seasonal Stress, and Models of Addiction.
- **Young Adults Group** — *Lead: Natasha* — In-Person — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!