


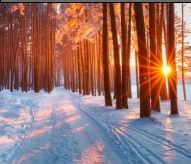




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February 2025

Clubhouse Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|
| Calendar Legend: | Calendar Legend: | | | | Feb 1 |
| <u><i>Underlined and Italicized:</i></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> | [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. | 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. |  |  |
| Feb 3 8:30 AM—4 PM | Feb 4 8:30 AM—4 PM | Feb 5 8:30 AM—4 PM | Feb 6 12—4 PM | Feb 7 8:30 AM—8 PM | Feb 8 |
| *Community Group, Value Village & Tim Hortons [NVC \$3]: 12:30—3 PM *Young Adults, Guided Bob Ross Paint Night [SP][NC]: 4—6 PM | Self-Compassion Group: 10—11 AM *Kitchen Skills: TBD (Iris House Collaboration with Queen!) Cards Group: 1:30—3 PM *Book Club: 2—3 PM <u><i>Intro to Spanish, Greetings & Introductions: 2:30—3:30 PM</i></u> Meditation: 3 PM Walking Group: 3—4 PM | *Open Arms Café Lunch (Chilli & Bun): 12 PM <u><i>Preventing Scams: 1—2 PM</i></u> <u><i>Wellness Wednesdays, Wellness Brainstorming [SP]: 2:30—3 PM</i></u> TCMH Presentation with Peter, Self-Esteem: 3 PM | <u><i>Social Superpowers, Intro to Social Skills: 1—2 PM</i></u> Colouring: 1—3 PM Kitchen Volunteer Group: 1:30—2:30 PM <u><i>*Music Jam Session: 2—3:45PM</i></u> | Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Bacon-Wrapped Chicken & Roasted Potatoes): 3—6:30 PM Coffee House, Open Mic: 6:30—8 PM |  |
| Feb 10 8:30 AM—4 PM | Feb 11 8:30 AM—4 PM | Feb 12 8:30 AM—4 PM | Feb 13 12—4 PM | Feb 14 CLOSED | Feb 15 |
| <u><i>*Stress Management, What is Stress?: 11:30 AM—12:30 PM</i></u> *Community Group, Walmart & McDonalds: 12:30—3 PM *Young Adults, Breakfast for Dinner [Cost: \$4]: 4—6 PM | Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Spaghetti Squash & Boursin) 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 *Valentine's Lunch (Grilled Cheese, Soup, & Dessert): 12 PM Wellness Wednesdays, Decluttering: 1:30—2:30 PM <u><i>*Crafting Group: 2:30—3:30 PM</i></u> | <u><i>Social Superpowers, Love & Dating: 1—2 PM</i></u> Colouring: 1—3 PM Kitchen Volunteer Group: 1:30—2:30 PM *Men's Group: 1:30—2:30 PM <u><i>*Women's Group, Waves Coffee [NVC \$3]: 2:30—3:30 PM</i></u> | <u>Clubhouse Closed</u> | *Saturday Social <u>C-Market Hot Chocolate Festival & Card Games (Zelda)</u> [NVC \$5] 10 AM—4 PM |
| Feb 17 CLOSED | Feb 18 8:30 AM—4 PM | Feb 19 8:30 AM—4 PM | Feb 20 12—4 PM | Feb 21 8:30 AM—8 PM | Feb 22 |
| <u>Clubhouse Closed</u> Family Day | Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Chicken/Tofu Rice Bowl) Cards Group: 1:30—3 PM *Book Club: 2—3 PM <u><i>Intro to Spanish, Food & Dining: 2:30—3:30 PM</i></u> Meditation: 3 PM Walking Group: 3—4 PM | *Open Arms Café Lunch (Poutine & Veggie Sticks): 12 PM Wellness Wednesdays, Group Vision Board: 1:30—2:30 PM TCMH Presentation with Peter, Practicing Assertiveness 3 PM <u><i>Cheque Issue Date</i></u> | <u><i>Social Superpowers, Supportive Conversations: 1—2 PM</i></u> <u><i>*SafeZone (Pt.1): 1—3 PM</i></u> Colouring: 1—3 PM Kitchen Volunteer Group: 1:30—2:30 PM <u><i>*Music Jam Session: 3—4 PM</i></u> | Muffin Morning: 8:30 AM Ministry Q&A, Lyndsay: 9 AM *Smoothie Club: 10 AM Member's Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Salsbury Steak): 3—6:30 PM Coffee House, Open Mic: 6:30—8 PM | *Member-Led Saturday Social <u>Un Pho Get a Bowl, Lunch</u> [NVC \$5] 12 PM |
| Feb 24 8:30 AM—4 PM | Feb 25 8:30 AM—4 PM | Feb 26 8:30 AM—4 PM | Feb 27 12—4 PM | Feb 28 8:30 AM—8 PM | |
| *Community Group, visiting Kyrstina @ Centennial Clubhouse: 10 AM—2 PM <u><i>*Stress Management, Theories of Stress: 11:30 AM—12:30 PM</i></u> *Young Adults, Cat Café [Cost: \$8.50]: 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 <u><i>*Men's Group: 1:30—2:30 PM</i></u> *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM | *Adopt-a-Spot: 11 AM—12 PM <u><i>*Lunch with Helen, for Black History Month! (Rice & Chicken Stew with Plantain): 12 PM</i></u> *Wellness Wednesdays, Snack & Share: 1:30—2:30 PM | <u><i>Social Superpowers, Navigating Triggers: 1—2 PM</i></u> <u><i>*SafeZone (Pt.2): 1—3 PM</i></u> Colouring: 1—3 PM Kitchen Volunteer Group: 1:30—2:30 PM | Muffin Morning: 8:30 AM *Smoothie Club: 10 AM <u><i>*Poker Tournament: 1—3 PM</i></u> *Art Club (Special Edition: Painting): 1:30—3 PM *Pitch-in-Kitchen (Pork Tenderloin Stew): 3—6:30 PM Coffee House: 6:30—8 PM |  |

Groups and Program Descriptions for February



- **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 *Embers* by Richard Wagamese. 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.
- **Intro to Spanish** – *Lead: Mariana* – In-Person – An opportunity to get a very basic introduction to the Spanish language. Occurring biweekly and no sign-up required.
- **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.
- **Kitchen Volunteer Group** – *Lead: Mariana* – In-Person – Gain experience in the kitchen by helping support with kitchen tasks, cleaning, and organization. These experiences can also be put on a Resume and go towards volunteer hours.
- **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* – In-Person – A group for men to connect with each other through conversation and mutual activity. Now happening twice-a-month!
- **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.
- **Music Jam Session** – *Lead: Member-Led (Kevin)* – In-Person – A fun setting to play some music with others! There is a sign-up list on the bulletin board at New View.
- **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** 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 |
| Mariana Jimenez | Clubhouse Staff | | mjimenez@newviewsociety.ca |
| Emerald Osagie | Iris House Coordinator | 300 | eosagie@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 otherwise. Ext. 221 for sign-up. Sign-up by Friday @ 1 PM.
- **Poker Tournament** – *Lead: Member-led (Prakash)* – In-Person – Join us for this fun tournament for all skill levels, with a chance to win a small prize. No money involved.
- **Pre-Employment Services** – *Lead: Melayna* – In-Person – Volunteer & job search help, resume-building, career exploration, interview-prep help are available by appointment.
- **Preventing Scams** – *Lead: Mariana* – In-Person – A local community member will be coming in and providing an info-session on the latest phone, email, and text scams, and how to keep yourself safe from them.
- **SafeZone** – *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: 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.
- **Social Superpowers** – *Lead: Mariana & Breanna* – In-Person – This is a great opportunity to learn important social skills within a safe environment.
- **Stress Management** – *Lead: Noah* – In-Person – Take control of stress in this new group! Explore the science behind stress and gain simple, effective strategies to manage it in your everyday life.
- **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 Self-Esteem and Assertiveness.
- **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 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!