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January 2025

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Jan 1 CLOSED	Jan 2 12–4 PM	Jan 3 8:30 AM–8 PM	Jan 4
Calendar Legend: <u>Underlined and Italicized:</u> program time-change, or new/restarting program. *Starred: sign-up or pre- registration is needed. You can contact any <i>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... (\$)	Clubhouse Closed New Years Day	Watch Party, Kaiju No.8: 12:30–3:30 PM Colouring: 1–3 PM Kitchen Volunteer Group: 1:30–2:30 PM	Muffin Morning: 8:30 AM Ministry Q&A, Lyndsay: 9 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Watch Party <i>Outing, LOTR: The War of the Rohirrim: TBD</i> *Pitch-in-Kitchen (Chicken Alfredo Pasta): 3–6:30 PM Coffee House: 6:30–8 PM	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.
Jan 6 8:30 AM–4 PM	Jan 7 8:30 AM–4 PM	Jan 8 8:30 AM–4 PM	Jan 9 12–4 PM	Jan 10 8:30 AM–8 PM	Jan 11
Motivation Monday, Self-Love Best Love: 10–11 AM Watch Party, Kaiju No.8: 12:30–3:30 PM *Community Group, Costco: 1–3 PM Young Adults, Movie Night [SP]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Veggie Soup) Cards Group: 1:30–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Open Arms Café Lunch (Coconut Chickpea Curry): 12 PM Wellness Wednesdays, Goal Planning: 1:30–2:30 PM *Living with Depression, Understanding Depression: 2:30–3:30 PM	Watch Party, Jujutsu Kaisen: 12:30–3:30 PM Colouring: 1–3 PM Kitchen Volunteer Group: 1:30–2:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Member's Meeting: 1 PM Art Club: 2–3 PM *Pitch-in-Kitchen (Vegetarian Meatloaf): 3–6:30 PM Coffee House: 6:30–8 PM	
Jan 13 8:30 AM–4 PM	Jan 14 8:30 AM–4 PM	Jan 15 8:30 AM–4 PM	Jan 16 12–4 PM	Jan 17 8:30 AM–8 PM	Jan 18
Motivation Monday, Tools for Anxiety: 10–11 AM Watch Party, Jujutsu Kaisen: 12:30–3:30 PM *Community Group, Coffee Shop: 1–3 PM Young Adults, Game Night [SP]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM, Guest Chef! (Butter Paneer) 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 (Ham & Cheese Sandwich & Fries): 12 PM Wellness Wednesdays, Let's Get Moving!: 1:30–2:30 PM *Living with Depression, Positive Feelings: 2:30–3:30 PM Cheque Issue Date	Watch Party, Jujutsu Kaisen: 12:30–3:30 PM Colouring: 1–3 PM Kitchen Volunteer Group: 1:30–2:30 PM *Men's Group: 1:30–2:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club (Special Edition: Watercolour Painting): 1:30–3 PM *Pitch-in-Kitchen (Butter Chicken): 3–6:30 PM Coffee House: 6:30–8 PM	*Member-Led Saturday Social Hiro Sushi, Lunch [NVC \$5] 12 PM
Jan 20 8:30 AM–4 PM	Jan 21 8:30 AM–4 PM	Jan 22 8:30 AM–4 PM	Jan 23 12–4 PM	Jan 24 8:30 AM–8 PM	Jan 25
Motivation Monday, Fear Failure no More: 10–11 AM *Community Group, IKEA: 1–3 PM Watch Party, Jujutsu Kaisen: 12:30–3:30 PM *Young Adults, Donair Affair [NVC \$5]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Pesto Pasta Salad) Cards Group: 1:30–3 PM *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Open Arms Café Lunch (Grilled Cheese & Salad): 12 PM TCMH Presentation with Peter, Healthy Boundaries: 1 PM Wellness Wednesdays, Winter Blues: 1:30–2:30 PM *Living with Depression, Strategies: 2:30–3:30 PM	Watch Party, Jujutsu Kaisen: 12:30–3:30 PM Colouring: 1–3 PM Kitchen Volunteer Group: 1:30–2:30 PM *Crafting Group: 2:30–3:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Spaghetti & Meatballs): 3–6:30 PM Coffee House: 6:30–8 PM	*Saturday Social In-House Movie: LOTR: The Two Towers [NC] 11 AM–4:30 PM (Mel)
Jan 27 8:30 AM–4 PM	Jan 28 8:30 AM–4 PM	Jan 29 8:30 AM–4 PM	Jan 30 12–4 PM	Jan 31 8:30 AM–8 PM	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.
Motivation Monday, Mindful- ness 101: 10–11 AM Watch Party, Jujutsu Kaisen: 12:30–3:30 PM *Community Group, Dimsum (Lunar New Year): 12–2 PM *Young Adults, Take 5 Cafe [NVC \$3]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Tater Tot Breakfast Bowl) 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 (Orange Chicken & Rice): 12 PM *Wellness Wednesdays, Café Delish: 1:30–2:30 PM *Living with Depression, Health Habits: 2:30–3:30 PM *Women's Group, Social Fitness: 2:30–3:30 PM	Watch Party, Jujutsu Kaisen: 12:30–3:30 PM Colouring: 1–3 PM Kitchen Volunteer Group: 1:30–2:30 PM *Men's Group: 1:30–2:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Breakfast for Dinner): 3–6:30 PM Coffee House: 6:30–8 PM	

Groups and Program Descriptions for January



- **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 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: Noah – 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.
- **Dungeons & Dragons** – Lead: Melayna – In-Person – This group will be ongoing, and there will be a separate calendar sent out for those interested in January sessions with volunteer Dungeon Masters.
- **Kitchen Skills** – Lead: Various – 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.
- **Living with Depression** – Lead: Noah – In-Person – An opportunity to gain more knowledge of depression and its complex nature, including different skills and strategies that could be helpful in coping. Participants are encouraged to share their lived experience with depression and coping strategies if comfortable. It is also encouraged to try and be present for every session if you are able.
- **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.
- **Motivation Monday** – Lead: Mariana – In-Person – Start the week with a fun dose of inspiration, healthy habit building, and excitement!
- **Open Arms Café Lunch** – Lead: Mariana – 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: Mariana – 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.
- **Pre-Employment Services** – Lead: Melayna – In-Person – Volunteer & job search help, resume-building, career exploration, interview-prep help are all available by appointment.
- **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.
- **TCMH Presentation with Peter** – Lead: Otilia – In-Person – Peter from TCMH is coming to the Clubhouse to conduct an informal presentation/workshop on Healthy Boundaries.
- **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.
- **Watch Parties** – Lead: Franky (Member-Led) – In-Person – We will be watching various shows & movies throughout the month, downstairs in the amenities room! Snacks are provided. There is also an outing this month!
- **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!

 Staff Contact List Reception: 604-941-3222			
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Otilia Kozelj	Clubhouse Manager	204	chmanager@newviewsociety.ca
Justin Falletta	Clubhouse Staff	211	jfalletta@newviewsociety.ca 236-858-0027
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Zelda Hunt (away) Mariana Jimenez	Clubhouse, Kitchen Operations	122	mjimenez@newviewsociety.ca 236-808-3917
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