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# July 2026

## Clubhouse Calendar

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|--|--|--|---|
| <b>Calendar Legend:</b>   | <b>Calendar Legend:</b>  | July 1<br>CLOSED   | July 2   | July 3<br>8:30 AM—6 PM   | July 4  |
| <u><i>Underlined and Italicized:</i></u><br>new/restarting program.<br><br>*Starred: sign-up is needed.<br>You can contact any Clubhouse staff for sign-up.               | [LP]: Lunch Provided<br>[BYOF]: Bring Your Own Food<br>[SP]: Snack Provided<br>[NC]: No Cost<br>[NVC]: New View Covers... (\$)   | <b>Canada day Clubhouse Closed</b>   | <u><i>Bring your own Meat BBQ:</i></u><br><u>12—1 PM [NC]</u><br><br><u><i>*Softball: 12:30—2:30 PM</i></u><br>Fit for Life w/ Armin: 1—2 PM<br>Colouring: 1—3 PM    | *Ministry Q&A: 9 AM—12 PM<br>*Smoothie Club: 1:30 PM<br><u><i>*Special Edition Art Club w/ Travis: 2—3 PM</i></u><br><u><i>River Rock Painting</i></u><br>*Pitch-in-Kitchen: 3—6 PM (Butter Chicken) |    |
| July 6<br>8:30 AM—4 PM  | July 7<br>8:30 AM—4 PM   | July 8<br>CLOSED   | July 9<br>12—4 PM  | July 10<br>8:30 AM—6 PM  | July 11   |
| Yoga w/ Shanice: 11 AM<br><br>Movie Day w/ Frankie: 12—3PM (Pirates of the Caribbean 2)   | Self-Compassion: 10—11 AM<br>Dancercise w/ Janet: 1 PM<br>*Book Club: 2—3 PM<br>Short Stories w/ Mel<br>Meditation: 3 PM<br>Walking Group: 3—4 PM  | <u><i>*Inter-clubhouse picnic</i></u><br><br>Peach Arch Park, White Rock<br>11AM—2PM<br>Be at clubhouse for 9:50 AM<br>  | <u><i>Bring your own Meat BBQ:</i></u><br><u>12—1 PM [NC]</u><br><br><u><i>*Softball: 12:30 PM—2:30 PM</i></u><br>Fit for Life w/ Armin: 1—2 PM<br>Colouring: 1—3 PM | Members Meeting: 1 PM<br>*Smoothie Club: 2 PM<br>Art Club: 2—3 PM<br>*Pitch-in-Kitchen: 3—6 PM (Lazy Lasagna + Salad)  | *Saturday Social<br>Oakridge Mall<br>11 AM—4 PM [BYOL]<br><br>*Resonate Church<br>Dinner<br>5PM [NC]  |
| July 13<br>8:30 AM—4 PM   | July 14<br>8:30 AM—4 PM  | July 15<br>CLOSED  | July 16<br>12—4 PM   | July 17<br>8:30 AM—6 PM  | July 18   |
| Yoga w/ Shanice: 11 AM<br>*Community Group:<br>11 AM—3PM,<br>Alouette Lake [BYOF]<br>*Young Adults: 2—4 PM<br>Walk to Lions Park [BYOF]                                   | <u><i>*Hearing Clinic 10 AM</i></u><br>Self-Compassion: 10—11 AM<br>Dancercise w/ Janet: 1PM<br>*Book Club: 2—3 PM<br>Short Stories w/ Natasha<br>Meditation: 3 PM<br>Walking Group: 3—4 PM              | <b>Clubhouse Closed (staff event)</b>  | <u><i>Bring your own Meat BBQ:</i></u><br><u>12—1 PM [NC]</u><br><br><u><i>*Softball: 12:30P M—2:30 PM</i></u><br>Fit for Life w/ Armin: 1—2 PM<br>Colouring: 1—3 PM | *Smoothie Club: 1:30 PM<br><br><u><i>*Special Edition Art Club:</i></u><br><u><i>1:30—3 PM Canvas Swap</i></u><br><br>*Pitch-in-Kitchen: 3—6 PM (Chicken n' Rice Casserole)                          |  *Saturday Social<br>RIBFEST<br>@ Rocky Point<br>w/ Sareena<br>10 AM—4 PM<br>[NVC \$3] |
| July 20<br>8:30 AM—4 PM   | July 21<br>8:30 AM—4 PM  | July 22<br>8:30 AM—4 PM  | July 23<br>12—4 PM   | July 24<br>8:30 AM—6 PM  | July 25   |
| Yoga w/ Shanice: 11 AM<br><br>*Community Group:<br>9:30 AM—3PM,<br>Jericho Beach [LP]  | Self-Compassion: 10—11 AM<br>Dancercise w/ Janet: 1 PM<br>*Book Club: 2—3 PM<br>Short Stories w/ Mel<br>Meditation: 3 PM<br>Walking Group: 3—4 PM  | *Pool Buddies: 10:30 AM<br>*Adopt-a-Spot: 11 AM—12 PM<br>*Open Arms Café Lunch: 12 PM (Grilled Cheese)<br>*Wellness Wednesday: 1—3 PM<br>Tie Dye T-shirts w/Natasha & Zelda (bring your own shirt)<br><u><i>Workshop w/August: 3 PM</i></u><br><u><i>Stages of Change</i></u>                                  | <u><i>Bring your own Meat BBQ:</i></u><br><u>12—1 PM [NC]</u><br><br><u><i>*Softball: 12:30 —2:30 PM</i></u><br>Fit for Life w/ Armin: 1—2 PM<br>Colouring: 1—3 PM   | *Smoothie Club: 1:30 PM<br>Art Club: 2—3 PM<br>*Pitch-in-Kitchen: 3—6 PM (Penne + Meat Sauce)  | *Member Led<br>Saturday Social<br>Indian Burger Joint<br>11:30 AM<br>Terminal Ave,<br>Vancouver   |
| July 27<br>8:30 AM—4 PM   | July 28<br>8:30 AM—4 PM  | July 29<br>8:30 AM—4 PM  | July 30<br>12—4 PM   | July 31<br>8:30 AM—6 PM  |   |
| Yoga w/ Shanice: 11 AM<br><br>*Young Adults: 2—4 PM<br>Music Bingo [SP]   | Self-Compassion: 10—11 AM<br>*Kitchen Skills: 12—2 PM<br>Chicken Pesto Bowls<br>Dancercise w/ Janet: 1 PM<br>*Book Club: 2—3 PM<br>Short Stories w/ Natasha<br>Meditation: 3 PM<br>Walking Group: 3—4 PM | *Pool Buddies: 10:30 AM<br>*Adopt-a-Spot: 11 AM—12 PM<br>*Open Arms Café Lunch: 12 PM (Hot Dogs)<br><br><u><i>*Young Adults/EPI/ECHO Collab:</i></u><br><u><i>1—3 PM, YA BBQ @ Rocky Point</i></u><br><br><u><i>Workshop w/August: 3 PM</i></u><br><u><i>Healthy Self-Rewards</i></u><br><br>Cheque Issue Date | <u><i>Bring your own Meat BBQ:</i></u><br><u>12—1 PM [NC]</u><br><br><u><i>*Softball: 12:30 —2:30 PM</i></u><br>Fit for Life w/ Armin: 1—2 PM<br>Colouring: 1—3 PM   | *Smoothie Club: 1:30 PM<br>Art Club: 2—3 PM<br>*Pitch-in-Kitchen: 3—6 PM (BBQ Chicken & Potato Salad)  | Do you prefer a digital copy of the calendar?<br><br>You can find it on our website, or sign-up to be on our email list.  |

# Groups and Program Descriptions for July



- **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 – *This Month is dedicated to Short Stories.* Members read the text at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **Bring your Own Meat BBQ** – *Lead: Zeld* – Zeld will BBQ'ing for the members every Thursday In July, here's the catch, bring your own Meat/Veggie, Toppings etc! Salad, Ketchup and Mustard provided. BBQ will be turned off at exactly 1 PM.
- **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: Zeld* – In-Person – Come join us in exploring the community together through meet-ups at the park and other various excursions!
- **Dancersize** – *Member led (Janet)* – In Person – Come get active at the clubhouse with this beginners dancersize group. Open to everyone! No sign up required
- **Fit for Life** – *Lead: Member-Led (Armin)* – In Person – Come join local support worker, Armin, to learn how to cultivate better physical health with new habits and exercises. Don't know where to begin but motivated to try? Come join on Thursdays!
- **Hearing Clinic** – *Lead: All staff* – In-Person – Come get a free hearing test at the Clubhouse thanks to Crystal Hearing Better Vision Center! 1 Visit per year, sign up is required!
- **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!
- **Kitchen Skills** – *Lead: Melayna* – In-Person – Build your confidence in the kitchen! A smaller group for closer instruction. You eat what you cook! Cost: \$4. Sign-up and registration is needed by Monday @ 10 AM.

|  <b>Staff Contact List</b><br>Reception: 604-941-3222 |   |      |  |
|--|---|------|--|
| Name   | Position                                    | Ext. | Email & Work Cell                          |
| Chantelle Burga  | Executive Director                          | 102  | execdir@newviewsociety.ca                  |
| 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                |
| Natasha Moloney  | Clubhouse, Young Adults Coordinator         | 305  | nmoloney@newviewsociety.ca<br>672-335-0944 |
| Zelda Hunt   | Clubhouse, Kitchen Operations               | 122  | zhunt@newviewsociety.ca<br>236-808-3917    |
| Melayna Vergara  | Clubhouse, Pre-Employment Services          | 106  | mvergara@newviewsociety.ca<br>672-335-0382 |
| Sareena Clay   | Clubhouse, Referrals and Member Orientation |      | sclay@newviewsociety.ca<br>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: Sareena)* – 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.
- **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: Zeld* – In-Person – Members come together for a nice lunch! Cost is \$5. Ext. 221 for sign-up. Sign-up by Wednesday @ 10:30 AM.
- **Pitch-in-Kitchen** – *Lead: Zeld* – In-Person – Members come together for a nice dinner every Friday! The cost for the meal is \$5 for those who help with a chore, or \$8.25 otherwise. Ext. 221 for sign-up.
- **Pool Buddies** – *Lead: Melissa* – In-Person – Swim Laps, Chill in the Hot tub, or enjoy the lazy river. This group gives you free access to Hyde Creek Pool
- **Saturday Social** – *Lead: Zeld/Melayna/Sareena/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.
- **Softball** – *Lead: Justin* – In-Person – Open to all skill levels. Non-Competitive and lots of fun! This will be hosted by New View, New Leaf, and Stepping Stones.
- **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 August** – *Lead: Otilia* – In-Person – Join Registered Social Worker August for these drop in sessions. A new topic will be explored every session.
- **Young Adults Group** – *Lead: Natasha* – In-Person – Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!
- **Yoga with Shanice** – *Lead: Member Led (contact: Sareena)* – In Person – Weekly yoga sessions focusing on movement for wellness, open to all levels of ability.