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# March 2024

## Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Calendar Legend:</b> <u>Underlined and Italicized:</u> program time-change, or new/restarting program. *Starred: sign-up or pre-registration is needed. You can contact any Clubhouse staff for sign-up.		<b>Calendar Legend:</b> [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.	
<b>Mar 4</b> 8:30 AM—4 PM *Community Group, Deer Lake Walk & Hot Chocolate: 1—3 PM *Young Adults, Bloedel Conservatory [NVC \$5]: 3—6 PM	<b>Mar 5</b> 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Strawberry Cream French Toast) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 6</b> 8:30 AM—4 PM *Open Arms Café Lunch (Chef's Salad): 12 PM Wellness Wednesdays, Yoga w/ Sareena: 1:30—2:30 PM	<b>Mar 7</b> 12—4 PM *Crafting with Brian, Perler Bead Magnets: 1—2 PM Colouring: 1—3 PM *Robot Coding with Janeen: 2:30—3:30 PM	<b>Mar 8</b> 8:30 AM—8:30 PM International Women's Day Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM *Art Club, Pastels: 1:30—3 PM *Pitch-in-Kitchen (Lasagna): 3—6:30 PM Coffee House: 6:30—8:30 PM	<b>Mar 9</b> *Saturday Social Rocky Point Walk & Ice Cream [NVC \$5] 12—4 PM
<b>Mar 11</b> 8:30 AM—4 PM *Community Group, Tsawwassen Mills [BYOF]: 10 AM—2 PM *Men's Group: 2—3 PM Young Adults, Bingo (Hybrid Delivery) [SP]: 4—6 PM	<b>Mar 12</b> 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Sound Yoga: 11 AM—12 PM *Kitchen Skills: 12—1:30 PM (BLT Salad) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 13</b> 8:30 AM—4 PM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Burger & Fries): 12 PM *Wellness Wednesdays, Walk to Waves Coffee [NVC \$2]: 1:30—2:30 PM	<b>Mar 14</b> 12—4 PM *Crafting with Brian, Spring, Paint by Sticker: 1—2 PM Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM	<b>Mar 15</b> 8:30 AM—8:30 PM Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Ministry Q&A with Pam: 10 AM Member's Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Beef Noodle Casserole): 3—6:30 PM Coffee House: 6:30—8:30 PM	<b>Mar 16</b> *Saturday Social Burnaby Lake Trail [LP] 11 AM—4 PM (Must be able to do 2hr. walk.)
<b>Mar 18</b> 8:30 AM—4 PM *Community Group, Tea Party [SP]: 1—2:30 PM *Your Life & Recovery Journey: 1—3 PM Young Adults, Omega Pizza [NVC \$5]: 4—6 PM	<b>Mar 19</b> 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Tofu Pad Thai) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 20</b> 8:30 AM—4 PM *Open Arms Café Lunch (Soup & Salad): 12 PM Wellness Wednesdays, Breathing Exercises: 1:30—2:30 PM *Women's Group: 2:30—3:30 PM Cheque Issue Date	<b>Mar 21</b> 12—4 PM *Crafting with Brian, Clay Bead Jewelry: 1—2 PM *Your Life & Recovery Journey: 1—3 PM Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM	<b>Mar 22</b> 8:30 AM—8:30 PM Muffin Morning: 8:30—10 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Indian Food): 3—6:30 PM Coffee House: 6:30—8:30 PM	<b>Mar 23</b> *Member-Led Saturday Social Lunch @ Patina [NVC \$5] 12 PM
<b>Mar 25</b> 8:30 AM—4 PM *Community Group, Visiting Krystina & BBQ: 1—3 PM *Your Life & Recovery Journey: 1—3 PM Young Adults, Movie Night [SP]: 4—6 PM	<b>Mar 26</b> 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Sound Yoga: 11 AM—12 PM *Kitchen Skills: 12—1:30 PM (Cherry Tomato Bruschetta) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 27</b> 8:30 AM—4 PM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Ham & Mashed Potatoes): 12 PM Wellness Wednesdays, Easter Cookie Decorating: 1:30—2:30 PM	<b>Mar 28</b> 12—4 PM *Crafting with Brian, Circle Yarn Weaving: 1—2 PM *Your Life & Recovery Journey: 1—3 PM Colouring: 1—3 PM *Goal Setting: 2:30—3:30 PM	<b>Mar 29</b> CLOSED <div style="text-align: center;"> <h3 style="color: red;">Clubhouse Closed</h3> <h3 style="color: red;">Good Friday</h3> </div>	

# Groups and Program Descriptions for March



- **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 *Malibu Rising*, by Taylor Jenkins Reid. 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!
- **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!
- **Crafting with Brian** – *Lead: Member-Led (Brian)* – In-Person – This is a great chance to learn how to do all kinds of different crafts with supportive instruction!
- **Goal Setting** – *Lead: Zelda* – In-Person – This group is for those who want to accomplish their goals with the support of an inclusive group. Closed group.
- **Kitchen Skills** – *Lead: Melayna & Sareena* – 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 @ 12 PM.
- **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.
- **Ministry Q&A with Pam** – *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 Pam.
- **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** for those that don't. Ext. 221 for sign-up. Sign-up by Friday @ 1 PM.

## Staff Contact List 604-941-3222 (Reception), 236-808-3917 (Clubhouse Cell Phone)

Name	Position	Ext.	Email
Chantelle Burga	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Seniors Program Manager		droemer@newviewsociety.ca 236-235-1388
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	Referrals & Member Orientation	211	jfalletta@newviewsociety.ca
Natasha Moloney	Young Adults Coordinator	305	nmoloney@newviewsociety.ca
Zelda Hunt	Kitchen Operations	122	zhunt@newviewsociety.ca
Melayna Vergara	Employment Specialist	106	mvergara@newviewsociety.ca
Sareena Clay	Clubhouse Staff	209	sclay@newviewsociety.ca
Jordanne Aikins	Iris House Coordinator	300	jaikins@newviewsociety.ca

- **Robot Coding with Janeen** – *Lead: All Staff* – In-Person – This is an introduction to computational thinking and coding. We are learning to draw code with colours!
- **Saturday Social** – *Lead: Zelda/Melayna/Member-Led (Flo & Angela)* – In-Person – This is an inclusive social group that meets on Saturdays for different activities!
- **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**.
- **Sound Yoga** – *Lead: Otilia* – In-Person – We will be taking the van over to a studio to do this group. In sound yoga, specific sounds, tones, and frequencies, are used to stimulate the body's energy centers and promote overall well-being.
- **Supported Employment** – *Lead: Melayna* – In-Person – Staff works alongside members in the Clubhouse and New View properties. Volunteer & job search help, resume-building, career exploration, interview prep help are all available.
- **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 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 excursions!
- **Your Life & Recovery Journey** – *Lead: Justin & Mel* – In-Person – This workshop is designed to help you explore your own wellness, as well as create strategies or plans to help you stay well and pursue the life you want.