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March 2025

Clubhouse Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:	Calendar Legend:				Mar 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.		*Saturday Social <u>Ramen, Burnaby (Zelda)</u> [NVC \$5] 11 AM–4 PM
Mar 3 8:30 AM–4 PM	Mar 4 8:30 AM–4 PM	Mar 5 8:30 AM–4 PM	Mar 6 12–4 PM	Mar 7 8:30 AM–8 PM	Mar 8
*Stress Management, Mindfulness: 11:30 AM–12:30 PM Young Adults, Ultimate Werewolf Game: 4–6 PM	Self-Compassion Group: 10–11 AM Cards Group: 1:30–3 PM Meditation: 3 PM Walking Group: 3–4 PM	Wellness Wednesdays, Breathing Exercises: 1:30–2:30 PM TCMH Presentation with Peter, Healthy Connections: 3 PM	<u><i>Emergency Preparedness Presentation: 12:30 PM</i></u> Social Superpowers, Conscious Connections: 1–2 PM Colouring: 1–3 PM *Book Club: 2–3 PM	Muffin Morning: 8:30 AM Ministry Q&A, Lyndsay: 9 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Salisbury Steak): 3–6:30 PM Coffee House: 6:30–8 PM	*Saturday Social TBD (Melayna) [Stay tuned for poster available at the Clubhouse]
Mar 10 8:30 AM–4 PM	Mar 11 8:30 AM–4 PM	Mar 12 8:30 AM–4 PM	Mar 13 12–4 PM	Mar 14 8:30 AM–8 PM	Mar 15
*Stress Management, Other Ways to Manage Stress: 11:30 AM–12:30 PM *Community Group, Deer Lake [BYOL]: 11:30 AM–1:30 PM *Young Adults, Hollywood 3 Cinema [NVC \$3]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Veggie Poutine) Cards Group: 1:30–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Adopt-a-Spot: 11 AM–12 PM *Open Arms Café Lunch (Sub Sandwich & Salad): 12 PM Wellness Wednesdays, Chair Yoga: 1:30–2:30 PM	Social Superpowers, Bedroom Conversations: 1–2 PM Colouring: 1–3 PM *Book Club: 2–3 PM *Crafting Group, St. Patrick's Day Crafts: 2–3 PM Men's Group: 2:15–3:15 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Old-Fashioned Goulash): 3–6:30 PM Coffee House: 6:30–8 PM	
Mar 17 8:30 AM–4 PM	Mar 18 8:30 AM–4 PM	Mar 19 8:30 AM–4 PM	Mar 20 12–4 PM	Mar 21 8:30 AM–8 PM	Mar 22
*Community Group, Crystal Mall Shop & Lunch [NVC \$5]: 11 AM–2:30 PM *Young Adults, Pho99 [NVC \$5]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Mini Quiche) Cards Group: 1:30–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Open Arms Café Lunch (Deluxe Flatbread): 12 PM *Wellness Wednesdays, Yogurt Parfait-making: 1:30–2:30 PM TCMH Presentation with Peter, Healthy Self-Expression: 3 PM <u>Cheque Issue Date</u>	Social Superpowers, Healing Heartbreak: 1–2 PM Colouring: 1–3 PM *Book Club: 2–3 PM <u><i>The InBetweeners, PoCo Bowling: 3 PM</i></u>	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Member's Meeting: 1 PM Art Club: 2–3 PM *Pitch-in-Kitchen (Bang-Bang Chicken w/ Rice): 3–6:30 PM Coffee House: 6:30–8 PM	*Member-Led Saturday Social <u>Hon's (Coquitlam), Lunch</u> [NVC \$5] 12 PM
Mar 24 8:30 AM–4 PM	Mar 25 8:30 AM–4 PM	Mar 26 8:30 AM–4 PM	Mar 27 12–4 PM	Mar 28 8:30 AM–8 PM	
*Community Group, Castle Fun Park [NVC \$5]: 10 AM–3 PM Young Adults, Canucks vs. Devils Screening [SP]: 4:30–7 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Peaked Pies w/ Noah!) Cards Group: 1:30–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Adopt-a-Spot: 11 AM–12 PM *Open Arms Café Lunch (Tuna Melt): 12 PM *Wellness Wednesdays, Creekside Coffee [NVC \$3]: 1:30–2:30 PM Women's Group: 2:30–3:30 PM	Social Superpowers, Recognizing Toxic Relationships: 1–2 PM Colouring: 1–3 PM *Book Club: 2–3 PM Men's Group @ Waves Coffee: 2:15–3:15 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club (Special Edition: Clay Creations): 1:30–3 PM *Pitch-in-Kitchen (Honey Garlic Chicken): 3–6:30 PM Coffee House: 6:30–8 PM	
Mar 31 8:30 AM – 4 PM					
*Community Group, Costco Shopping: 1–3 PM Young Adults, Walk Around Lafarge [NVC \$3]: 4–6 PM					



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 *French Braid* by Anne Tyler. 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.
- **Emergency Preparedness Presentation** – *Lead: Melayna* – In-Person – This presentation will focus on personal preparedness for emergencies, with some focus on seasonal readiness, resources, situational awareness, carry and kits, and resilience.
- **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.
- **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.

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

- **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. 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 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.
- **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 healthy connections and self-expression.
- **Technology Support** – *Lead: Justin* – Hybrid – Technology can be daunting. If you need support in navigating your devices, make an appointment with Justin!
- **The Inbetweeners** – *Lead: Member-Led (Doreen)* – In-Person – This is a member-led social group for everyone between the Young Adults and Seniors programs (32-55).
- **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!