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# March 2026

## Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mar 2 8:30 AM—4 PM</b> Yoga w/ Shanice: 11 AM *Community Group: 10:30 AM—3 PM Tsawwassen Mills *Young Adults: 4—6 PM Ultimate Werewolf Game [SP]	<b>Mar 3 8:30 AM—4 PM</b> Self-Compassion Group: 10—11 AM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 4 8:30 AM—4 PM</b> *Pool Buddies: 10:30 AM *Open Arms Café Lunch: 12 PM (Beef & Barley Soup & Bun)	<b>Mar 5 12—4 PM</b> Healthy Living: 1—2 PM Balancing Over Eating/ Under Eating Colouring: 1—3 PM	<b>Mar 6 8:30AM—7:30 PM</b> Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Cheeseburger & Onion rings) Coffee House: 6—7:30 PM	<b>Mar 7</b> *Saturday Social: 10 AM—3:30 PM Movie day, Lord of the Rings 3 [SP] (see poster for more details)
<b>Mar 9 8:30 AM—4 PM</b> <i>Finance Clinic: 9:30 AM—3:30 PM</i> Yoga w/ Shanice: 11 AM *Community Group: 1PM—3PM In House Hot Pot w/Charles [Members pay \$5] *Young Adults: 4—6 PM Austin Fish& Chips [NVC \$5]	<b>Mar 10 8:30 AM—4 PM</b> Self-Compassion Group: 10—11 AM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 11 8:30 AM—4 PM</b> *Pool Buddies: 10:30 AM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch: 12 PM (Chicken Quesadilla) Wellness Wednesday: 1:30 PM Talking about Boundaries	<b>Mar 12 9:30 AM—4 PM</b> Healthy Living: 1—3 PM Gym Group @ PoCo Rec Colouring: 1—3 PM	<b>Mar 13 8:30 AM—7:30 PM</b> Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Members Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Chicken Souvlaki) Coffee House: 6—7:30 PM	<b>Mar 14</b> *Resonate Church Dinner @ Clubhouse: Doors Open 4:30PM [NC]
<b>Mar 16 8:30 AM—4 PM</b> Yoga w/ Shanice: 11 AM *Young Adults: 4—6 PM St Patrick's day Activities [SP]	<b>Mar 17 8:30 AM—4 PM</b> Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Veggie Soup) *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 18 8:30 AM—4 PM</b> *Pool Buddies: 10:30 AM *Open Arms Café Lunch 12 PM (Ham/Cheese Croissant + Salad)	<b>Mar 19 12—4 PM</b> Healthy Living: 1—2 PM Stretch it out @ Clubhouse Colouring: 1—3 PM	<b>Mar 20 8:30 AM—7:30 PM</b> Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club, Special Edition (Canvas Swap): 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Spaghetti & Meat Sauce) Coffee House: 6—7:30 PM First Day of Spring!	<b>Mar 21</b> *Saturday Social 10:30 AM—3 PM Vancouver Flea Market
<b>Mar 23 8:30 AM—4 PM</b> Yoga w/ Shanice: 11 AM *Young Adults/ Community Group Collab: 10:30 AM—3 PM, Thrifting w/ Natasha & Zelda [BYOL]	<b>Mar 24 8:30 AM—4 PM</b> Self-Compassion Group: 10—11 AM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	<b>Mar 25 8:30 AM—4 PM</b> *Pool Buddies: 10:30 AM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch: 12 PM (BBQ Hot Dog & Potato Salad) *Wellness Wednesday: 1:30 PM Yogurt Parfaits Cheque Issue Date	<b>Mar 26 12—4 PM</b> Healthy Living: 1—3 PM Gym Group @ PoCo Rec Colouring: 1—3 PM	<b>Mar 27 8:30 AM—7:30 PM</b> Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club: 2—3 PM, Grey Scale Colouring w/Travis *Pitch-in-Kitchen: 3—6 PM (Beef Stroganoff) Coffee House: 6—7:30 PM	<b>Mar 28</b> *Member Led Saturday Social 11:30 AM John B Pub (Austin Ave, Coquitlam) [NVC \$5]
<b>Mar 30 8:30 AM—4 PM</b> Yoga w/ Shanice: 11 AM *Community Group: 11 AM—2 PM, Walmart	<b>Mar 31 8:30 AM—4 PM</b> Self-Compassion Group: 10—11 AM Kitchen Skills: 12—1:30 PM (Sausage Rolls) *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM		<b>Calendar Legend:</b> [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)	<b>Calendar Legend:</b> <i>Underlined and Italicized:</i> new/restarting program. *Starred: sign-up is needed. You can contact any Clubhouse staff for sign-up.	Do you prefer a digital copy of the calendar? You can find it on our website, or sign-up to be on our email list.

# 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!
- **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
- **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.
- **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!
- **Finance Clinic** – *Lead: All Staff* – In Person – Do you have questions for the CRA/ Ministry/ Service Canada? This drop in Clinic is the perfect change to get those answered.
- **Healthy Living** – *Lead: Sareena* – In-Person – From time at the gym to walks in the park, this group is a great opportunity to be active within your own community!
- **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> 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 236-818-1051
Helen Osagie	CLS Manager	115	hosagie@newviewsociety.ca
Donna Bonertz	Housing Manager	110	dbonertz@newviewsociety.ca
Otilia Kozelj	Clubhouse Manager	204	chmanager@newviewsociety.ca
Mariana Jimenez	Clubhouse Staff	211	mjimenez@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
Sareena Clay	Clubhouse, Referrals and Member Orientation		sclay@newviewsociety.ca 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.
- **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 \$5. 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 \$5 for those who help with a chore, or \$8.25 otherwise. Ext. 221 for sign-up.
- **Saturday Social** – *Lead: Zelda/Melayna/Member-Led (Flo & Angela)* – In-Person – This is an inclusive social activity group that meets on Saturdays!
- **Self-Compassion Group** – *Lead: Mariana* – 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.
- **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.
- **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.