




Address: 2050 Mary Hill Road
 Port Coquitlam, V3C 2Z8
 Phone: 604.941.3222
 Fax: 604.552.0849
 Email: newview@newviewsociety.ca
 Website: www.newviewsociety.org



May 2025

Clubhouse Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:	Calendar Legend:		May 1 12–4 PM	May 2 8:30 AM–8 PM	May 3
<i>Underlined and Italicized:</i> 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... (\$)	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.	*Goal Setting: 1–2:30 PM Colouring: 1–3 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club, Special Edition w/ Becky, Diamond Dots Painting (8 max.): 1–3 PM *Pitch-in-Kitchen (Burritos): 3–6:30 PM Coffee House: 6:30–8 PM	*Saturday Social Vancouver Canadians Game (Mel) [Cost: \$10.75] 11 AM–5 PM
May 5 8:30 AM–4 PM	May 6 8:30 AM–4 PM	May 7 8:30–10 AM	May 8 12–4 PM	May 9 8:30 AM–8 PM	May 10
*Community Group, Tsawwassen Mills Mall [BYOL]: 10:30 AM–2:30 PM Young Adults, Movie Night (In-House) [SP]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Spaghetti Squash & Boursin Cheese) 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 *Walk-a-Mile for Mental Health Be at Clubhouse for 10 AM 	<i>Emergency Preparedness Conversation with Layla:</i> 12:30 PM *Goal Setting: 1–2:30 PM Colouring: 1–3 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Chicken Souvlaki & Rice): 3–6:30 PM Coffee House: 6:30–8 PM	<i>May Day Parade Starts @ 11 AM</i> <i>Further details coming out soon!</i>
CMHA Mental Health Week 2025					
May 12 8:30 AM–4 PM	May 13 8:30 AM–4 PM	May 14 8:30 AM–4 PM	May 15 12–4 PM	May 16 8:30 AM–8 PM	May 17
*Community Group, Tulip Festival [BYOL]: 11 AM–2:30 PM Young Adults, Music Bingo [SP]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Mini Pizzas) Cards Group: 1:30–3 PM *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Open Arms Café Lunch (Cobb Salad): 12 PM *Wellness Wednesday, Smoothie Bowl Making: 1:30–2:30 PM Women's Group @ Waves Coffee [NVC \$3]: 2:30–3:30 PM TCMH Presentation with Peter, Models of Addiction: 3 PM	*Goal Setting: 1–2:30 PM Colouring: 1–3 PM *Crafting Group: 2–3 PM Men's Group: 2:15–3:15 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Members Meeting: 1 PM *Art Club, Special Edition, Guided Painting: 1:30–3 PM *Pitch-in-Kitchen (BBQ Burgers & Pasta Salad): 3–6:30 PM Coffee House: 6:30–8 PM	CFL Season 2025 is here. Look for posters around the clubhouse for the Clubhouse Football Lovers Fan Club.
May 19 CLOSED	May 20 8:30 AM–4 PM	May 21 CLOSED	May 22 12–4 PM	May 23 8:30 AM–8 PM	May 24
Clubhouse Closed Victoria Day	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Spanish Tapas) 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 <i>*Loon Lake Day Trip Leaving Clubhouse at 9:30 AM Leaving site at 2:30 PM</i> <u>Cheque Issue Date</u>	*Goal Setting: 1–2:30 PM Colouring: 1–3 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (Bacon-Wrapped Chicken): 3–6:30 PM Coffee House: 6:30–8 PM	*Member-Led Saturday Social TBD
Loon Lake Camping Trip, May 20th–May 22nd					
May 26 8:30 AM–4 PM	May 27 8:30 AM–4 PM	May 28 8:30 AM–4 PM	May 29 12–4 PM	May 30 8:30 PM–8 PM	May 31
*Community Group, Walmart & Coffee [NVC \$3]: 12–3 PM *Young Adults, C-Lovers Dinner [NVC \$5]: 4–6 PM	Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Potato Salad w/ Veronica!) Cards Group: 1:30–3 PM *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	*Open Arms Café Lunch (BBQ Smokies & Salad): 12 PM Wellness Wednesday, Lion's Park: 1:30–2:30 PM TCMH Presentation with Peter, Substance Use: 3 PM	Colouring: 1–3 PM Men's Group: 2:15–3:15 PM *The In-Betweeners, Bubble Tea: 2:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2–3 PM *Pitch-in-Kitchen (TBD): 3–6:30 PM Coffee House: 6:30–8 PM *Clubhouse Football Lovers Fan Club, Watch Party: 6:30–9:30 PM	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 May



- **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 *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!
- **Clubhouse Football Lovers Fan Club** – *Lead: PSW-Led (Helen C)* – In-Person – Gather at clubhouse with other CFL fans to enjoy watching the BC Lions play. Light refreshments available during the game. Sign-up required. Stay tuned for more details regarding attending home games in June!
- **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 Conversation** – *Lead: Mel & Layla* – In-Person – For Emergency Preparedness Week, use this opportunity to ask Layla anything about extreme weather, emergencies, or supplies!
- **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* – 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.
- **Loon Lake Day Trip** – *Lead: All-Staff* – In-Person – Join us for a day trip to Loon Lake! We will be meeting with the group on the Loon Lake Camping Trip. Limited spots!
- **Meditation** – *Lead: Member-Led (Wes)* – Hybrid – Come relax your mind and body through guided meditation practice.

 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
Emerald Osagie	Iris House Coordinator	300	eosagie@newviewsociety.ca

- **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 & Noah* – In-Person – A group for men to connect with each other through conversation and mutual activity.
- **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.
- **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: Zelda/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.
- **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).
- **Walk-a-Mile for Mental Health** – *Lead: All Staff* – In-Person – Come walk a mile with us to raise awareness for mental health. There will be food, live music, and prizes!
- **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!