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May 2026

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:	Calendar Legend:			May 1 8:30 AM—8 PM	May 2
<i><u>Underlined and Italicized:</u></i> new/restarting program. *Starred: sign-up is needed. You can contact any Clubhouse staff for sign-up.	[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 on our email list.		May 1 Muffin Morning: 8:30 AM *Ministry Q&A: 9 AM—12 PM *Smoothie Club: 1:30 PM Art Club: 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Philly Cheese Steak + Fries) Coffee House: 6—8 PM	"at the end of the day, we can endure much more than we think we can" - Frida Kahlo
May 4 8:30 AM—4 PM	May 5 8:30 AM—4 PM	May 6 8:30 AM—4 PM	May 7 10:30 AM—4 PM	May 8 8:30 AM—8 PM	May 9
Yoga w/ Shanice: 11 AM *Community Group: 11 AM—3 PM, Deer Lake Picnic [BYOL] *Young Adults: 2—4 PM Walk & Waves, [NVC \$3]	Self-Compassion : 10—11 AM <u>Gym Group 12—1:30 PM</u> *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM 	*Pool Buddies: 10:30 AM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch: 12 PM (Tacos + Churros)	<u>Walk a Mile for Mental Health meet @clubhouse for 10:30 [LPL]</u> Colouring: 1—3 PM 	Muffin Morning: 8:30 AM Learn to Fish Workshop: 11 AM—1PM [NC] *Smoothie Club: 1:30 PM Art Club: 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Chicken Chow Mein) Coffee House: 6—8 PM	
MENTAL HEALTH AWARENESS WEEK					
May 11 8:30 AM—4 PM	May 12 8:30 AM—4 PM	May 13 8:30 AM—4 PM	May 14 12—4 PM	May 15 8:30 AM—8 PM	May 16
Yoga w/ Shanice: 11 AM *Community Group: 11 AM—2PM, New View Tea Party [\$2] <u>*Job Search Strategies w/ the Coquitlam Library: 2—3:30 PM (see poster for details)</u> *Young Adults: 2—4 PM Big Way Hot Pot, Coquitlam [NVC \$5]	Self-Compassion Group: 10—11 AM <u>Gym Group 12—1:30 PM</u> *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Pool Buddies: 10:30 AM *Open Arms Café Lunch: 12 PM (Grilled Cheese) *Wellness Wednesday: 1:30 PM Making Trail Mix [NC]	<u>Fit for Life w/ Armin: 1—2 PM</u> Colouring: 1—3 PM 	Muffin Morning: 8:30 AM Members Meeting: 1 PM <u>*Smoothie Club: 2 PM</u> Art Club w/ Travis: 2—3 PM *Pitch-in-Kitchen: 3—6 PM (Goulash) Coffee House: 6—8 PM	Fun Fact: It is impossible for most people to lick their own elbow... go ahead, try it!
May 18 8:30 AM—4 PM	May 19 8:30 AM—4 PM	May 20 8:30 AM—4 PM	May 21 12—4 PM	May 22 8:30 AM—8 PM	May 23
CLUBHOUSE CLOSED 	Self-Compassion Group: 10—11 AM <u>Gym Group 12—1:30 PM</u> Meditation: 3 PM Walking Group: 3—4 PM	*Pool Buddies: 10:30 AM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch: 12 PM (Cobb Salad) Mens Group w/ Noah: 1:30—2:30 PM	<u>Fit for Life w/ Armin: 1—2 PM</u> Colouring: 1—3 PM 	Muffin Morning: 8:30 AM *Smoothie Club: 1:30 PM Art Club: 2—3 PM, *Pitch-in-Kitchen: 3—6 PM (Honey Garlic Pork + Rice) Coffee House: 6—8 PM	*Saturday Social: 10 AM—4 PM Seawall Walk [BYOL]
May 25 8:30 AM—4 PM	May 26 8:30 AM—4 PM	May 27 8:30 AM—4 PM	May 28 12 PM—4 PM	May 29 8:30 AM—8 PM	May 30
Yoga w/ Shanice: 11 AM *Community Group: 11 AM—3 PM, Wideon Marsh w/ Otilia [LPL] *Young Adults: 2—4 PM Movie Night [SP]	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—2 PM (Vietnamese Spring Rolls) <u>Gym Group: 12—1:30 PM</u> *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Pool Buddies: 10:30 AM <u>*Kits Beach and Siegel's Bagels w/ Sareena & Veronica: 10 AM—2:30 PM</u> *Open Arms Café Lunch: 12 PM (Smokies + Salad) Wellness Wednesday: 1:30 PM Walk to Lions Park <u>Cheque Issue Date</u>	<u>Fit for Life w/ Armin: 1—2 PM</u> Colouring: 1—3 PM <u>*SafeZone Alumni Hangout: Board Games on the Patio 2—3:30 PM (see poster for details)</u>	Muffin Morning: 8:30 AM *Smoothie Club: 1:30 PM Art Club: 2—3 PM, *Pitch-in-Kitchen: 3—6 PM (Bacon Cheeseburger + Fries) Coffee House: 6—8 PM	*Member-Led Saturday Social 11:30 AM Dennys Coquitlam (500 Austin Ave)

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 — *this months 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.
- **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!
- **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!
- **Gym Group** — *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.
- **Learn to Fish Workshop** — *Lead: Jennifer B* — In-Person — In this 2 hour workshop hosted at Lafarge Lake, you will learn the basics of freshwater catch and release fishing, including: Hatchery roles, fish identification, tackle, rod rigging, casting, & Hands-on fishing. No cost, all supplies provided, no fishing license required to attend.
- **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.

 Staff Contact List Reception: 604-941-3222			
Name	Position	Ext.	Email & Work Cell
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Helen Osagie	CLS Manager	115	hosagie@newviewsociety.ca
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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
Sareena Clay	Clubhouse, Referrals and Member Orientation		sclay@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.
- **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.
- **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.
- **Pool Buddies** — *Lead: Melissa/Sareena* — 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: Zelda/Melayna/Member-Led (Flo & Angela)* — In-Person — This is an inclusive social activity group that meets on Saturdays!
- **Safe Zone Alumni Hangout** — *Lead: Natasha & Melayna* — Casual afternoon for people who have taken Safe Zone previously and would like to hangout in a safe space and play board games together. Sign up required***
- **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 — **NEW TIME 1:30 Pm**
Natasha and a couple of members have fun making a different smoothie each week. The cost is \$1.
- **Walk-A-Mile for Mental Health** — *Lead: Clubhouse Staff* — Celebrate Mental Health Awareness week with New View Society. Join the staff and members for a mile walk around our community followed by a hotdog BBQ lunch.
- **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 — **NEW TIME 2-4 PM**
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.