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October 2024

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Oct 1 8:30 AM—4 PM	Oct 2 8:30 AM—4 PM	Oct 3 12—4 PM	Oct 4 8:30 AM—8:30 PM	Oct 5
Calendar Legend: <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.	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Halloween Cookies) Cards Group: 1:30—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Grilled Cheese & Tomato Soup): 12 PM Wellness Wednesdays, Boundaries: 1:30—2:30 PM	Colouring: 1—3 PM Watch Party, Castlevania: 1—3:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Ministry Q&A, Lyndsay: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Chicken & Biscuit Casserole): 3—6:30 PM Coffee House: 6:30—8:30 PM	
Oct 7 8:30 AM—4 PM	Oct 8 8:30 AM—4 PM	Oct 9 8:30 AM—4 PM	Oct 10 12—4 PM	Oct 11 8:30 AM—8:30 PM	Oct 12
*Community Group, Walmart: 12—2:30 PM Watch Party, Hocus Pocus: 1—3:30 PM *Young Adults, Dinner, Tacos [Cost: \$4]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Veggie Soup) 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 (Chilli & Bun): 12 PM *Wellness Wednesdays, Value Village: 1—3 PM	Colouring: 1—3 PM *SafeZone Pt.1 [SP]: 1—3 PM Watch Party, Castlevania: 1—3:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Ham Dinner): 3—6:30 PM Coffee House: 6:30—8:30 PM	
Oct 14 CLOSED	Oct 15 8:30 AM—4 PM	Oct 16 8:30 AM—4 PM	Oct 17 12—4 PM	Oct 18 8:30 AM—8:30 PM	Oct 19
Clubhouse Closed Thanksgiving	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Mini Dessert Empanadas) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Deli Sandwiches & Soup): 12 PM *Wellness Wednesdays, Waves Coffee [NVC \$3]: 1:30—2:30 PM *Crafting Group: 2:30—3:30 PM	Colouring: 1—3 PM *SafeZone Pt.2 [SP]: 1—3 PM Watch Party, Mandalorian: 1—3:30 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Member's Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Chicken Quesadillas & Mexi Fries): 3—6:30 PM Coffee House: 6:30—8:30 PM	*Saturday Social <u>Movie Day!</u> [NVC \$5] 11 AM—4 PM (Zelda)
Oct 21 8:30 AM—4 PM	Oct 22 8:30 AM—4 PM	Oct 23 8:30 AM—4 PM	Oct 24 12—4 PM	Oct 25 8:30 AM—8:30 PM	Oct 26
*Community Group, Pumpkin Carving: 1—3 PM Watch Party, Corpse Bride: 1—3:30 PM Young Adults, Ultimate Werewolf Game Night [SP]: 4—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (TBD—Special Guest Chef!) 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 *Open Arms Café Lunch (Breakfast for Lunch): 12 PM Women's Group: 2—3 PM <u>Cheque Issue Date</u>	Colouring: 1—3 PM Watch Party, Mandalorian: 1—3:30 PM *Men's Group, Tea Party!: 2—3 PM	Muffin Morning: 8:30 AM *Smoothie Club: 10 AM *Art Club, (Clay Magnets): 1:30—3 PM *Pitch-in-Kitchen (Butter Chicken): 3—6:30 PM Coffee House: 6:30—8:30 PM	*Member-Led Saturday Social <u>Golden Parrot Pub, Lunch</u> [NVC \$5] 12 PM
Oct 28 8:30 AM—4 PM	Oct 29 8:30 AM—4 PM	Oct 30 8:30 AM—4 PM	Oct 31 5—9 PM		
*Community Group, Laity Pumpkin Patch [NVC \$5]: 12—3 PM Watch Party, Cell: 1—3:30 PM *Young Adults, Halloween DND [SP]: 3—6 PM	Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Pumpkin Mac & Cheese) Cards Group: 1:30—3 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	*Open Arms Café Lunch (Cheese Quesadillas): 12 PM *Wellness Wednesdays, Guided Halloween Painting: 1:30—2:30 PM	*Halloween Dance 5-9 PM Cost: \$5	Calendar Legend: [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.

Groups and Program Descriptions for October



- **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 *TBA*. 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.
- **Halloween Dance** – *Lead: Various* – In-Person – Cost is \$5 for entry. Snacks will be provided. Feel free to dress-up in costume and bring your dance moves!
- **Kitchen Skills** – *Lead: Various* – 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.
- **Ministry Q&A with 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.
- **Men's Group** – *Lead: Justin* – 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. Sign-up by Friday @ 1 PM.

 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, Referrals & Member Orientation	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	Iris House Coordinator	300	nbattista@newviewsociety.ca

- **SafeZone Workshop** – *Lead: Natasha & Melayna* – In-Person – The SafeZone Project is a workshop providing education, activities, and resources for people wanting to learn more about sexuality, gender, and LGBTQ+ related topics. This is a closed group and sign-up is required beforehand. Two-part workshop.
- **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**.
- **Pre-Employment Services** – *Lead: Melayna* – In-Person – Volunteer & job search help, resume-building, career exploration, interview-prep help are all available by appointment.
- **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.
- **Watch Parties** – *Lead: Franky (Member-Led)* – In-Person – We will be watching various shows & movies throughout the month, downstairs in the amenities room! Snacks are provided. Cost is **\$2**.
- **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 excursions!