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October 2025

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:	Calendar Legend:	Oct 1 8:30 AM—4 PM	Oct 2 12—4 PM	Oct 3 8:30 AM—7:30 PM	Oct 4
<p><u>Underlined and Italicized:</u> new/restarting program.</p> <p>*Starred: sign-up is needed. You can contact any Clubhouse staff for sign-up.</p>	<p>[LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)</p>	<p>*Open Arms Café Lunch (Homemade Hamburger Soup & Sandwich): 12 PM</p> <p>Wellness Wednesday, Yoga: 1:30—2:30 PM</p>	<p><u>Healthy Living, Gym Group @ PoCo Rec Center: 1—3 PM</u></p> <p>Colouring: 1—3 PM</p>	<p>Muffin Morning: 8:30 AM *Ministry Q&A: 9 AM—12 PM *Smoothie Club: 10 AM *Hearts Journey: 12—2 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Sweet & Sour Pork w/ Rice): 3—6 PM Coffee House: 6—7:30 PM</p>	<p>*Saturday Social Vancouver Aquarium [Cost: \$14] 9:15 AM—3:45 PM</p> <p>*Clubhouse Football Lovers, Home Game: 4 PM</p>
Oct 6 8:30 AM—4 PM	Oct 7 8:30 AM—4 PM	Oct 8 8:30 AM—4 PM	Oct 9 12—4 PM	Oct 10 8:30 AM—7:30 PM	Oct 11
<p>*Community Group, Rocky Point Boardwalk [BYOL]: 11 AM—3 PM</p> <p>*Young Adults, Painting Mini Pumpkins: 4—6 PM</p>	<p>Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Vegetable Soup) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM</p>	<p>*Adopt-a-Spot: 11 AM—12 PM</p> <p>*Open Arms Café Lunch (Chilli & Bun): 12 PM</p> <p>Wellness Wednesday, S.M.A.R.T. Goals: 1:30—2:30 PM</p>	<p><u>Healthy Living, Wellness Walk @ Mundy Park: 1—3 PM</u></p> <p>Colouring: 1—3 PM</p> <p><u>Men's Group: 2—3 PM</u></p>	<p>Muffin Morning: 8:30 AM *Smoothie Club: 10 AM <u>BrickStitch Beading: 12—2 PM</u> Art Club: 2—3 PM *Pitch-in-Kitchen (Ham Dinner!): 3—6 PM Coffee House: 6—7:30 PM</p> <p>World Mental Health Day</p>	<p>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.</p>
Oct 13 CLOSED	Oct 14 8:30 AM—4 PM	Oct 15 8:30 AM—4 PM	Oct 16 12—4 PM	Oct 17 8:30 AM—7:30 PM	Oct 18
<p><u>Clubhouse Closed</u></p> <p>Thanksgiving</p>	<p>Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Pumpkin Spice Snickerdoodles) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM</p>	<p>*Open Arms Café Lunch (Tuna Melt & Fries): 12 PM</p> <p><u>Shake Out, Emergency Preparedness Workshop: 1 PM</u></p> <p>Wellness Wednesday, Nintendo Sports: 1:30—2:30 PM</p>	<p><u>Healthy Living, Gym Group @ PoCo Rec Center: 1—3 PM</u></p> <p>Colouring: 1—3 PM</p>	<p>Muffin Morning: 8:30 AM *Smoothie Club: 10 AM <u>BrickStitch Beading: 12—2 PM</u> Members Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Salisbury Steak): 3—6 PM Coffee House: 6—7:30 PM *Clubhouse Football Lovers, Home Game: 7:30 PM</p>	<p>*Saturday Social Halloween Cookie Baking & Crafts 10 AM—3 PM</p>
Oct 20 8:30 AM—4 PM	Oct 21 8:30 AM—4 PM	Oct 22 8:30 AM—4 PM	Oct 23 CLOSED	Oct 24 8:30 AM—7:30 PM	Oct 25
<p>*Community Group, Lunch @ New Leaf + Smudging: 11 AM—3 PM</p> <p>Young Adults, Halloween Cookie Baking: 4—6 PM</p>	<p>Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Devilled Eggs) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM</p>	<p>*Adopt-a-Spot: 11 AM—12 PM</p> <p>*Open Arms Café Lunch (Bruschetta): 12 PM</p> <p>Wellness Wednesday, Guided Fall Painting: 1:30—2:30 PM</p> <p><u>Cheque Issue Date</u></p>	<p><u>Clubhouse Closed</u></p>	<p>Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Lazy Lasagna): 3—6 PM Coffee House: 6—7:30 PM</p>	<p>*Member-Led Saturday Social Ricky's (Schoolhouse St.) [NVC \$5] 12 PM</p>
Oct 27 8:30 AM—4 PM	Oct 28 8:30 AM—4 PM	Oct 29 8:30 AM—4 PM	Oct 30 12—4 PM	Oct 31 8:30 AM—4 PM	We have a Peer Support Worker, Helen C, available for support on Fridays, October 10th & 24th. If you'd like to share time with someone empathetic who has lived experience, feel free to connect with her.
<p>*Community Group, Greens & Beans Deli [NVC \$5]: 10 AM—2 PM</p> <p>*Young Adults, Escape Room [NVC \$15]: 4—6 PM</p>	<p>Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Pumpkin Mac & Cheese) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM</p>	<p>*Open Arms Café Lunch (Burger & Fries): 12 PM</p> <p>Wellness Wednesday, Yogurt Parfaits: 1:30—2:30 PM</p>	<p><u>Healthy Living, Gym Group @ PoCo Rec Center: 1—3 PM</u></p> <p>Colouring: 1—3 PM</p> <p>*Halloween Dance @ New Leaf [NVC \$5]: 4—9:30 PM</p>	<p> Halloween Day! </p> <p>Muffin Morning: 8:30 AM *Spooky Smoothie Club: 10 AM *Dungeons & Dragons (play or watch!): 11 AM—4 PM *Open Arms Café Lunch (Chicken Souvlaki): 1 PM</p> <p>Please refer to poster for more Halloween festivities!</p>	

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 *TBD*. Members read the book at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **Brick Stitch Beading** — *Lead: Member-Led (Allie)* — In-Person — This is a group that helps to teach the technique of brick stitch beading, which involves weaving beads together in a staggered, brick-like pattern.
- **Clubhouse Football Lovers Fan Club** — *Lead: PSW Helen C* — In-Person — The last two home games are taking place this month! Tickets are already spoken for; however, if you are really interested in attending, please put your name on the waitlist in case a ticket becomes available. This will mark the end of a very successful season!
- **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!
- **Shake Out, Emergency Preparedness Workshop** — *Lead: Melayna* — In-Person — This workshop will focus on personal preparedness for earthquake emergencies, with some focus on seasonal readiness, resources, situational awareness, carry and kits, and resilience.
- **Gym Group** — *Lead: Veronica* — In-Person — Join Seniors Program Staff and other members for a workout or a swim. They will be there for support but are not personal trainers. There is no cost! Meet at the Port Coquitlam Community Centre.
- **Halloween Dance** — *Lead: Zelda* — In-Person — This is being held at New Leaf Clubhouse in New West, not at New View! We will be taking a group over in the van. New View covers admission, and its \$5 if you want a burger, chips, and soda. There will be music, good food, great people, and fun times to be had!



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 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
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

- **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!
- **Hearts Tourney** — *Lead: Member-Led (Charles)* — In-Person — Everyone's favourite card game, Hearts, but now in tournament-form! All skill levels are welcome.
- **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.
- **Men's Group** — *Lead: Noah* — 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.
- **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.
- **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.
- **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.
- **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.
- **Workshop with Peter** — *Lead: Otilia* — In-Person — Peter from TCMH is coming to the Clubhouse to conduct informal workshops. Date TBA.
- **Young Adults Group** — *Lead: Natasha* — In-Person — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!