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OCTOBER 2026 CLUBHOUSE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			OCT 1 12:00 PM - 4:00 PM	OCT 2 8:30 AM - 8:00 PM	OCT 3
Calendar Legend: <i>Underlined and Italicized:</i> new/restarting program. <i>*Starred:</i> sign-up is Required <i>You can contact any Clubhouse staff for sign-up.</i>	Calendar Legend: [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers (\$)	Calendar Legend: [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers (\$)	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM <i>Member Led Movie: 12:30 PM (KPop Demon Hunters)</i> <i>Sharing Circle: 2:30 PM</i>	Muffin Morning: 8:30 AM <i>Ministry Q&A w/ Lyndsay: 9:30 AM - 12:00 PM</i> *Smoothie Club: 1:30 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (Dolly Dinner) Coffee House: 6-8 PM	<i>"Talk to yourself like someone you love" ~ Brené Brown</i>
OCT 5 8:30 AM - 4:00 PM	OCT 6 8:30 AM - 4:00 PM	OCT 7 8:30 AM - 4:00 PM	OCT 8 12:00 PM - 4:00 PM	OCT 9 8:30 AM - 8:00 PM	OCT 10
Yoga w/ Shanice: 11 AM *Community Group: Walk to Coffee at Waves 1 PM - 3 PM [NVC: \$3] *Young Adults: 2-4 PM Halloween Rock Painting [NC]	Self-Compassion: 10 - 11 AM <i>Exploring Grief & Loss: 12 PM - 2 PM</i> *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	*Pool Buddies: 10:30 AM *Adopt-A-Spot 11 AM *Open Arms Café Lunch: 12 PM (Chili & Garlic Bread) *Wellness Wednesday: 1:30 PM Grounding walking Workshop w/ August: 3 PM	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM <i>Sharing Circle: 2:30 PM</i>	Muffin Morning: 8:30 AM Members Meeting: 1PM *Smoothie Club: 2 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (Hamburger Helper) Coffee House: 6-8 PM	<i>Fun Fact: Some fish can walk on land!</i>
OCT 12 CLOSED	OCT 13 8:30 AM - 4:00 PM	OCT 14 8:30 AM - 4:00 PM	OCT 15 12:00 PM - 4:00 PM	OCT 16 8:30 AM - 8:00 PM	OCT 17
	Self-Compassion: 10-11 AM *Kitchen Skills: 12-2 PM (3 Bean Salad) *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	*Pool Buddies: 10:30 AM *Open Arms Café Lunch: 12 PM (Tuna Melt & Fries) *Wellness Wednesday: 1:30 PM Paper Pumpkin Craft	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM <i>Sharing Circle: 2:30 PM</i>	Muffin morning: 8:30 AM *Smoothie Club: 1:30 PM <i>*Special Edition Art Club: TBD 1:30 PM</i> *Pitch-in-Kitchen: 3-6 PM (Country Chicken Casserole) Coffee House: 6-8 PM	*Saturday Social: 9:30 AM - 3:30 PM Steveston Daytrip (See poster for more details) [NVC: \$5]
OCT 19 8:30 AM - 4:00 PM	OCT 20 8:30 AM - 4:00 PM	OCT 21 8:30 AM - 4:00 PM	OCT 22 12:00 PM - 4:00 PM	OCT 23 8:30 AM - 8:00 PM	OCT 24
Yoga w/ Shanice: 11 AM *Community Group: Pumpkin Patch 11 AM - 3 PM [NVC: \$5] *Young Adults: 2-4 PM Ultimate Werewolf Game [SP]	Self-Compassion: 10-11 AM <i>Exploring Grief & Loss: 12 PM - 2 PM</i> *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	*Pool Buddies: 10:30 AM *Adopt-A-Spot 11 AM *Open Arms Café Lunch: 12 PM (Italian Wedding Soup & Bun) <i>*Young Adults: Halloween Party w/ EPI & ECHO 12 PM - 3 PM [SP] [NC]</i> Workshop w/ August: 3 PM <i>*Cheque Issue Date</i>	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM <i>Sharing Circle: 2:30 PM</i>	Muffin morning: 8:30 AM *Smoothie Club: 1:30 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (Spaghetti Bolognese) Coffee House: 6-8 PM	*Member Led Saturday Social The Bombay Restaurant 11:30 AM 2748 Lougheed Hwy Port Coquitlam [NVC \$5]
OCT 26 8:30 AM - 4:00 PM	OCT 27 8:30 AM - 4:00 PM	OCT 28 8:30 AM - 4:00 PM	OCT 29 12:00 PM - 4:00 PM	OCT 30 4:00 PM - 8:00 PM	OCT 31
Yoga w/ Shanice: 11 AM *Community Group: Costco w/ Otilia 12 PM-3 PM [BYOF] *Young Adults: 2-4 PM Halloween Movie [SP]	Self-Compassion: 10-11 AM *Kitchen Skills: 12-2 PM (Pumpkin Mac & Cheese) *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)	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM	<i>Halloween Party from 4:00 PM - 8:00 PM (See poster for more details)</i> 	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 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 – THIS MONTHS BOOK IS WRITTEN BY ONE OF OUR MEMBERS. HE WILL BE READING FROM HIS BOOK DURING THE GROUP AND THEN WE WILL BE DISCUSSING OUR THOUGHTS, INTERPRETATIONS, AND QUESTIONS TOGETHER.

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!

COFFEE HOUSE – LEAD: VARIOUS- IN-PERSON – AN EVENING OF GAMES, LIVE MUSIC, GREAT COMPANY, ALONG WITH SOME FRESH SNACKS AND COFFEE.

EXPLORING GRIEF & LOSS – LEAD: JUSTIN & VERONICA – IN-PERSON – A SPACE TO LEARN, SHARE AND LISTEN TO EXPERIENCES OF GRIEF AND LOSS (THIS IS NOT A COUNSELLING GROUP)

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!

HALLOWEEN PARTY – IN-PERSON – COME JOIN US FOR FOOD, GAMES AND DANCING! COST: \$5. SEE POSTER FOR MORE DETAILS

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.

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 W/ LYND SAY – 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 LYND SAY.

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 - 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!

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.

SHARING CIRCLE – LEAD: ZELDA – IN - PERSON – MEMBERS COME TOGETHER FOR COMMUNITY-BASED PRACTICE ROOTED IN INDIGENOUS TRADITIONS.

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 ON SELECT WEDNESDAYS.

WORKSHOP WITH AUGUST – LEAD: OTILIA – IN-PERSON – JOIN REGISTERED SOCIAL WORKER AUGUST FOR THESE DROP IN SESSIONS. A NEW TOPIC WILL BE EXPLORED EVERY SESSION.

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: VERONICA) – IN PERSON – WEEKLY YOGA SESSIONS FOCUSING ON MOVEMENT FOR WELLNESS, OPEN TO ALL LEVELS OF ABILITY.



STAFF CONTACT LIST
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