







Address: 2050 Mary Hill Road  
 Port Coquitlam, V3C 2Z8  
 Phone: 604.941.3222  
 Fax: 604.552.0849  
 Email: [newview@newviewsociety.ca](mailto:newview@newviewsociety.ca)  
 Website: [www.newviewsociety.org](http://www.newviewsociety.org)

# September 2023

## Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sept 1 8:30 AM — 4 PM	Sept 2
 Contact Justin for questions and more information!	<b>Calendar Legend:</b> <u><i>Underlined and Italicized:</i></u> 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>	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.		*Smoothie Club: 10 AM *Open Arms Café Lunch (Pizza Day!): 12 PM Art Club: 2–3 PM	
Sept 4 CLOSED	Sept 5 8:30 AM — 4 PM	Sept 6 CLOSED	Sept 7 12 — 4 PM	Sept 8 8:30 AM — 4 PM	Sept 9
<b>LABOUR DAY</b> <i>Clubhouse Closed</i>	Self-Compassion, Anger in Relationships: 10–11 AM *Kitchen Skills: 12–1:30 PM (Fruit Salad) Cards Group: 1:30–3 PM *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	<i>Clubhouse Closed</i> <b>INTERCLUBHOUSE PICNIC</b>	Colouring: 1–3 PM <u><i>Chess Club: 2–3 PM</i></u>	*Smoothie Club: 10 AM *Open Arms Café Lunch (Chilli & Bun): 12 PM Art Club: 2–3 PM	*Saturday Social <u>Movie Day</u> 12–4 PM Snacks Provided
Sept 11 8:30 AM — 4 PM	Sept 12 8:30 AM — 4 PM	Sept 13 8:30 AM — 4 PM	Sept 14 12 — 4 PM	Sept 15 8:30 AM — 4 PM	Sept 16
*Community Group, Buntzen Lake: 10 AM–3 PM Wellness Mondays, Leisure & Growth Presentation: 1:30–2:30 PM *Young Adults Group, Coquitlam Centre Food Court: 4–6 PM	Self-Compassion, Caregivers: 10–11 AM *Kitchen Skills: 12–1:30 PM (Fried Rice) 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 (Grilled Cheese & Fries): 12 PM	Colouring: 1–3 PM <u><i>Chess Club: 2–3 PM</i></u>	*Smoothie Club: 10 AM *Open Arms Café Lunch (Deli Sandwiches): 12 PM Member's Meeting: 1 PM Art Club: 2–3 PM	 <b>50th Anniversary Celebration!</b> <b>3-10 PM</b>
Sept 18 8:30 AM — 4 PM	Sept 19 8:30 AM — 4 PM	Sept 20 8:30 AM — 4 PM	Sept 21 12 — 4 PM	Sept 22 8:30 AM — 8:30 PM	Sept 23
*50+ Group, Deer Lake: 11AM–2 PM Wellness Mondays, Nature Scavenger Hunt: 1:30–2:30 PM *Young Adults Group, Bowling @ PoCo Bowling: 4–6 PM	Self-Compassion, Fierce Self-Compassion: 10–11 AM *Kitchen Skills: 12–1:30 PM (Cherry Tomato Bruschetta) Cards Group: 1:30–3 PM *Book Club: 2–3 PM Meditation: 3 PM	*Open Arms Café Lunch (Chefs Salad): 12 PM  <u>Cheque Issue Date</u>	Colouring: 1–3 PM <u><i>Chess Club: 2–3 PM</i></u>	<u><i>Muffin Morning: 8:30–10 AM</i></u> *Smoothie Club: 10 AM Art Club: 2–3 PM <u><i>Pitch-in-Kitchen (Spaghetti &amp; Meat Sauce): 3–6:30 PM</i></u> <u><i>Coffee House: 6:30–8:30 PM</i></u>	
Sept 25 8:30 AM — 4 PM	Sept 26 8:30 AM — 4 PM	Sept 27 8:30 AM — 4 PM	Sept 28 12 — 4 PM	Sept 29 8:30 AM — 8:30 PM	Sept 30
*Community Group, Walmart & Dollar Store: 1–3:30 PM Wellness Mondays, Rock Painting: 1:30–2:30 PM *Young Adults Group, Rec Room: 4–6 PM	Self-Compassion, Self-Esteem vs. Self-Compassion (TED Talk): 10–11 AM *Kitchen Skills: 12–1:30 PM (Tuna Melt) 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 (Burgers & Corn on the Cobb): 12 PM	Colouring: 1–3 PM <u><i>Chess Club: 2–3 PM</i></u>	<u><i>Muffin Morning: 8:30–10 AM</i></u> *Smoothie Club: 10 AM Art Club: 2–3 PM <u><i>Pitch-in-Kitchen (Burritos w/ Chips &amp; Salsa): 3–6:30 PM</i></u> <u><i>Coffee House: 6:30–8:30 PM</i></u>	<b>NATIONAL DAY FOR TRUTH &amp; RECONCILIATION</b>  <i>Clubhouse Closed Monday</i>

# Groups and Program Descriptions for September



**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: *50 Canadians That Changed The World* by Ken McGoogan . 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!

**Chess Club** – *Lead: Melayna* – In-Person – Open to all skill levels, from beginner to advanced. This is a great group to learn and have fun playing the game of chess!

**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!

**Interclubhouse Picnic** – *Lead: All Staff* – In-Person – Each Clubhouse hosts a picnic in their area and opens it up to other clubhouses too! This month's picnic will be hosted by Centennial Place Clubhouse in Mission.

**Kitchen Skills** – *Lead: Melayna* – In-Person – Build your confidence in the kitchen! A smaller group for closer instruction. You eat what you cook!

**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.

**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 \$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 for those that don't. Ext. 221 for sign-up. Sign-up by Friday @ 1 PM.



## Staff Contact List

Name	Position	Ext.	Email/Texting
Chantelle Burga	Executive Director	102	execdir@newviewsociety.ca
Darrell Roemer	Rehabilitation & Resource Manager	200	droemer@newviewsociety.ca
Helen Osagie	Housing Manager	115	hosagie@newviewsociety.ca
Otilia Kozelj	Clubhouse Manager	204	chmanager@newviewsociety.ca Yak Chat (text): 727-292-1727
Donna Bonertz	Employment & Rehabilitation Manager	110	dbonertz@newviewsociety.ca Yak Chat (text): 604-239-0581
Justin Falletta	Technology Support & Sports Programs	211	jfalletta@newviewsociety.ca Yak Chat (text): 604-239-0623
Natasha Moloney	Young Adults Programs	305	nmoloney@newviewsociety.ca Yak Chat (text): 604-239-0631
Zelda Hunt	50+ Programs & Kitchen Operations	122	zhunt@newviewsociety.ca Yak Chat (text): 604-239-0568
Melayna Vergara	Clubhouse Staff	106	mvergara@newviewsociety.ca
Jordanne Aikins	Iris House Coordinator	300	jaikins@newviewsociety.ca

**Saturday Social** – *Lead: Zelda/Melayna/Member-Led (Florence & Angela)* – In-Person – This is an inclusive social group that meets on Saturdays for different activities!

**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.

**Supported Employment** – *Lead: Donna* – In-Person – Staff works alongside members in the Clubhouse and New View properties. Volunteer & job search help, resume building, career exploration, interview prep help are all available.

**Walking Group** – *Lead: Member-Led (Angela)* – In-Person – Members go out for a light, relaxing stroll around Port Coquitlam.

**Wellness Mondays** – *Lead: Natasha* – In-Person – Group discussion or practice takes place each week on a topic related to one's wellness!

**Young Adults Group** – *Lead: Natasha* – In-Person – Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and excursions!

**50+ Group** – *Lead: Zelda* – In-Person – Adults, ages 50+, engage in social activities together ranging from activities in the park, to shopping, and to crafts.



### 50th Anniversary Party!

Come celebrate our 50th anniversary in style! There will be food, a DJ, dancing, games, and all sorts of fun stuff!

This will be hosted at Terry Fox Hometown Square, located right behind the Port Coquitlam Community Centre.

