










Address: 2050 Mary Hill Road
Port Coquitlam, V3C 2Z8
Phone: 604.941.3222
Fax: 604.552.0849
Website: www.newviewsociety.org



September 2025

Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 1 CLOSED 	Sept 2 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Mini Pizzas) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Sept 3 CLOSED  *Interclubhouse Picnic Fraser River Heritage Park, Mission 11 AM—2 PM Be at Clubhouse for 10 AM!	Sept 4 12—4 PM *Finance Clinic & Ministry Q&A: 9 AM—3 PM Colouring: 1—3 PM	Sept 5 8:30 AM—6:30 PM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (Beef & Broccoli w/ Rice): 3—6:30 PM	Sept 6 
Sept 8 CLOSED 	Sept 9 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Mini Quiche) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Sept 10 8:30 AM—4 PM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (Poutine): 12 PM *Wellness Wednesday, Protein Balls: 1:30—2:30 PM Workshop w/ Peter, Assertiveness: 3 PM	Sept 11 12—4 PM Colouring: 1—3 PM	Sept 12 8:30 AM—6:30 PM *Smoothie Club: 10 AM Art Club: 2—3 PM *Pitch-in-Kitchen (TBD): 3—6:30 PM *Clubhouse Football Lovers, Home Game: 7 PM SOLD OUT	Sept 13  Family BBQ Lion's Park 11 AM—2 PM
Sept 15 8:30 AM—4 PM *Hiking Group: 10 AM *Young Adults, PoCo Bowling [NVC \$4.50]: 4—6 PM	Sept 16 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (Protein Bowl) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Sept 17 8:30 AM—4 PM *Open Arms Café Lunch (Tostados): 12 PM Wellness Wednesday, Gratitude @ Lion's Park: 1:30—2:30 PM Women's Group: 2:30—3:30 PM Workshop w/ Peter, Stages of Change: 3 PM	Sept 18 12—4 PM Colouring: 1—3 PM	Sept 19 8:30 AM—6:30 PM *Smoothie Club: 10 AM Members Meeting: 1 PM Art Club: 2—3 PM *Pitch-in-Kitchen (Butter Chicken w/ Rice): 3—6:30 PM	Sept 20 
Sept 22 8:30 AM—4 PM <u>Hobbit Day: "The Hobbit: Desolation of Smaug"</u> <u>showing: 11:30 AM—3 PM</u> *Community Group, Walmart: 12:30—3 PM Young Adults, Bubble Shark Tea [NVC \$3]: 4—6 PM	Sept 23 8:30 AM—4 PM Self-Compassion Group: 10—11 AM *Kitchen Skills: 12—1:30 PM (with Sareena!: Eggs Benedict) Gym Group: 1—2 PM *Book Club: 2—3 PM Meditation: 3 PM Walking Group: 3—4 PM	Sept 24 8:30 AM—4 PM *Adopt-a-Spot: 11 AM—12 PM *Open Arms Café Lunch (BLT Wrap): 12 PM *Wellness Wednesday, Waves Coffee [NVC \$3]: 1:30—2:30 PM <u>Cheque Issue Date</u>	Sept 25 12—4 PM Colouring: 1—3 PM	Sept 26 8:30 AM—8:30 PM <u>Muffin Morning: 8:30 AM</u> *Smoothie Club: 10 AM *Crib Tournament: 1—3 PM Art Club, Special Edition: Canvas Swap: 1:30—3 PM *Pitch-in-Kitchen (Tortellini): 3—6:30 PM <u>Coffee House: 6:30—8 PM</u> *Clubhouse Football Lovers, Home Game: 7 PM SOLD OUT	Sept 27 *Member-Led Saturday Social Golden Parrot [NVC \$5] 12 PM
Sept 29 8:30 AM—4 PM *Community Group, Fort Langley: 11 AM—3 PM Young Adults, Movie Night [SP]: 4—6 PM	Sept 30 CLOSED 	We have a Peer Support Worker, Helen C, available for support on Fridays, September 5th & 19th. If you'd like to share time with someone empathetic who has lived experience, feel free to connect with her.	Calendar Legend: <u>Underlined and Italicized:</u> new/restarting program. *Starred: sign-up is needed. <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... (\$)	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 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 is *Persuasion* by Jane Austen. Members read the book at home, and we come together once a week as a group to discuss thoughts, interpretations, and questions.
- **Clubhouse Football Lovers Fan Club** — **Lead: PSW Helen C** — In-Person — Sign-up for the chance to receive a free ticket to attend a game at BC place courtesy of New View Society! PSW Helen C is available to join if you would like support in attending. There are only 2 more games available to attend this 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!
- **Crib Tournament** — **Lead: Member-Led (Prakash)** — This tournament is for just for fun! There are small prizes involved. Some basic knowledge of cribbage is required.
- **Family BBQ** — **Lead: All Staff** — In-Person — Bring your family and join us for games, music, fun, and free food!
- **Gym Group** — **Lead: Veronica & Sareena** — 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.
- **Hiking Group** — **Lead: Melayna** — In-Person — A great chance to get into nature! Please refer to the poster for details.
- **Hobbit Day** — **Lead: Melayna** — In-Person — This September 22nd, we will be celebrating National Hobbit Day by watching *The Hobbit: Desolation of Smaug*!



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 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

- **Interclubhouse Picnic** — **Lead: Various** — In-Person — This is part of a picnic series where each Clubhouse hosts a picnic in their area, open to other clubhouses. On August 16th we are invited to join Centennial Place Clubhouse at Fraser River Heritage Park 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! 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.
- **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.
- **Women's Group** — **Lead: Melayna** — In-Person — A group for women to connect with each other through conversation and mutual activity.
- **Workshop with Peter** — **Lead: Otilia** — In-Person — Peter from TCMH is coming to the Clubhouse to conduct an informal workshop on Assertiveness & Stages of Change.
- **Young Adults Group** — **Lead: Natasha** — In-Person — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!