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SEPTEMBER 2026 CLUBHOUSE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SEP 1 8:30 AM - 4:00 PM	SEP 2 8:30 AM - 4:00 PM	SEP 3 12:00 PM 4:00 PM	SEP 4 8:30 AM - 6:00 PM	SEP 5
	Self-Compassion: 10-11 AM *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	*Open Arms Café Lunch: 12 PM (BLT Sandwich) Workshop w/ August: 3 PM	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM	*Smoothie Club: 1:30 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (Meatloaf & Potatoes)	<i>Fun Fact:</i> <i>The first oranges weren't orange!</i>
SEP 7 CLOSED	SEP 8 12:00PM - 4:00 PM	SEP 9 CLOSED	SEP 10 12:00 PM - 4:00 PM	SEP 11 8:30 AM - 6:00 PM	SEP 12
Labour Day Clubhouse Closed 	<u>Clubhouse closed: 8 AM - 12 PM</u> *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	<u>INTER-CLUBHOUSE PICNIC</u> Hume Park over Shelter, New Westminister 11 AM - 2 PM Be at Clubhouse for 10AM Adopt-A-Spot 11 AM	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM	Members Meeting: 1PM *Smoothie Club: 2 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (BBQ Chicken & Corn)	<u>Friends & Family BBQ: 11:00AM - 2:00 PM</u> 
SEP 14 8:30 AM - 4:00 PM	SEP 15 8:30 AM - 4:00 PM	SEP 16 8:30 AM - 4:00 PM	SEP 17 12:00 PM - 4:00 PM	SEP 18 8:30 AM - 6:00 PM	SEP 19
Yoga w/ Shanice: 11 AM *Community Group: Belcarra Park 10 AM-3 PM [BYOF] *Young Adults: 2-4 PM Taco Dinner [\$5]	Self-Compassion: 10-11 AM *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	*Open Arms Café Lunch: 12 PM (Lasagna Soup) *Wellness Wednesday: 1:30 PM Chair Yoga Workshop w/ August: 3 PM	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM	*Smoothie Club: 1:30 PM <u>*Special Edition Art Club: Watercolour Painting 1:30 PM</u> *Pitch-in-Kitchen: 3-6 PM (Burrito Bowls)	
SEP 21 8:30 AM - 4:00 PM	SEP 22 8:30 AM - 4:00 PM	SEP 23 8:30 AM - 4:00 PM	SEP 24 12:00 PM - 4:00 PM	SEP 25 8:30 AM - 8:00 PM	SEP 26
Yoga w/ Shanice: 11 AM *Young Adults: 2-4 PM POCO Bowling [NVC: \$5]	Self-Compassion: 10-11 AM *Kitchen Skills: 12-2 PM (Veggie Poutine) *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	Adopt-A-Spot 11 AM *Open Arms Café Lunch: 12 PM (Tuna Melt & Fries) *Wellness Wednesday: 1:30 PM Breathing Exercises <u>Cheque Issue Date</u>	Fit for Life w/ Armin: 1-2 Colouring: 1-3 PM <u>*Hiking Group x Chill Buddies: TBD (see poster for more details)</u>	Muffin morning: 8:30 AM *Smoothie Club: 1:30 PM Art Club: 2-3 PM *Pitch-in-Kitchen: 3-6 PM (Poke Bowls) Coffee House: 6-8 PM	*Member Led Saturday Social White Spot Coquitlam 11:30 AM 3025 Lougheed Hwy Coquitlam [NVC \$5]
SEP 28 8:30 AM - 4:00 PM	SEP 29 8:30 AM - 4:00 PM	SEP 30 CLOSED			
Yoga w/ Shanice: 11 AM *Community Group: Walmart 11 AM-3 PM [BYOF]	Self-Compassion: 10-11 AM <u>Truth and Reconciliation Cultural Event: 11 AM</u> *Book Club: 2-3 PM Meditation: 3 PM Walking Group: 3-4 PM	National Day for Truth and Reconciliation Clubhouse Closed 	Calendar Legend: <i>Underlined and Italicized:</i> new/restarting program. *Starred: sign-up is <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 – THIS MONTHS BOOK IS TBD. MEMBERS READ THE TEXT AT HOME, AND WE COME TOGETHER ONCE A WEEK AS A GROUP TO DISCUSS THOUGHTS, INTERPRETATIONS, AND QUESTIONS.

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.

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!

FRIENDS AND FAMILY BBQ – LEAD: VARIOUS- IN PERSON- COME JOIN US FOR A FREE BBQ, ANYONE WELCOME

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!

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/ LYNDASAY – 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 LYNDASAY.

MUFFIN MORNING – LEAD: DONNA & HELEN - IN PERSON - ON FRIDAY MORNINGS EOPLE 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.

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.

TRUTH AND RECONCILIATION CULTURAL EVENT – LEAD: ZELDA/VERONICA – IN-PERSON – ORANGE SHIRT DAY WITH PRESENTATION 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 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: SAREENA) – IN PERSON – WEEKLY YOGA SESSIONS FOCUSING ON MOVEMENT FOR WELLNESS, OPEN TO ALL LEVELS OF ABILITY.



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