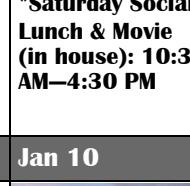
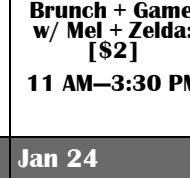




**Address: 2050 Mary Hill Road  
Port Coquitlam, V3C 2Z8**  
**Phone: 604.941.3222**  
**Fax: 604.552.0849**  
**Website:**

# January 2026

## Clubhouse Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend:  [LP]: Lunch Provided [BYOF]: Bring Your Own Food [SP]: Snack Provided [NC]: No Cost [NVC]: New View Covers... (\$)	Calendar Legend:  <u><b>Underlined and Italicized:</b></u> new/restarting program. *Starred: sign-up is needed. You can contact any Clubhouse staff for sign-up.	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.	Jan 1  <b>Clubhouse Closed</b>	Jan 2 8:30AM–4 PM	Jan 3
Jan 5 8:30 AM–4 PM  *Community Group, New Costco: 10:30 AM–2 PM  Young Adults, Music Bingo [ SP ]: 4–6 PM	Jan 6 8:30 AM–4 PM  Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (3 Bean Salad) *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	Jan 7 8:30 AM–4 PM  <u><b>Aqua Fit: 10:30 AM</b></u> *Open Arms Café Lunch (Soup + Sandwich): 12 PM Workshop W/ Peter, Smart Goal Setting: 3 PM	Jan 8 12–4 PM  Healthy Living, Gym Group @ PoCo Rec Center: 1–3 PM  Colouring: 1–3 PM	Jan 9 8:30 AM–7:30 PM  *Smoothie Club: 10 AM Art Club, 2 – 3 PM *Pitch-in-Kitchen (Breakfast for Dinner): 3–6 PM Coffee House: 6–7:30 PM	Jan 10  
Jan 12 8:30 AM–4 PM  *Community Group, C Market Café [ NVC \$3 ]: 1–3 PM  Young Adults, Games Night [ SP ]: 4–6 PM	Jan 13 8:30 AM–4 PM  *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	Jan 14 8:30 AM–4 PM  <u><b>Aqua Fit: 10:30 AM</b></u> * Adopt-a-Spot: 11 AM–12 PM *Open Arms Café Lunch (Chilli & Bun): 12 PM Wellness Wednesday, Chair Yoga 1:30–2:30 PM	Jan 15 12–4 PM  *Healthy Living, Making Protein Egg Bites: 1–3 PM  Colouring: 1–3 PM	Jan 16 8:30 AM–7:30 PM  Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club, 2–3 PM *Pitch-in-Kitchen (Spaghetti & Meatballs): 3–6 PM Coffee House: 6–7:30 PM	Jan 17  
Jan 19 8:30 AM–4 PM  *Community Group, In House Movie [ NC ]: 12:30–3:30 PM  *Young Adults, Bubble Shark Tea [ NVC \$3 ]: 4–6 PM	Jan 20 8:30 AM–4 PM  Self-Compassion Group: 10–11 AM *Kitchen Skills: 12–1:30 PM (Mini Quiche) *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	Jan 21 8:30 AM–4 PM  <u><b>Aqua Fit: 10:30 AM</b></u> *Open Arms Café Lunch (Beef Gyros): 12 PM Workshop W/ Peter, Healthy Boundaries: 3 PM *We Speak Recovery [ NC ]: 5–8 PM <u><b>Cheque Issue Date</b></u>	Jan 22 12–4 PM  Healthy Living, Gym Group @ PoCo Rec Center: 1–3 PM  Colouring: 1–3 PM	Jan 23 8:30 AM–7:30 PM  Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Members Meeting: 1 PM Art Club, 2–3 PM *Pitch-in-Kitchen (Sweet & Sour Pork): 3–6 PM Coffee House: 6–7:30 PM	Jan 24  
Jan 26 8:30 AM–4 PM  *Pizza Party & Planning : 11 AM–2 PM  *Young Adults, Bob Ross Paint Night [ SP ]:4–6 PM	Jan 27 8:30 AM–4 PM  Self-Compassion Group: 10–11 AM *Book Club: 2–3 PM Meditation: 3 PM Walking Group: 3–4 PM	Jan 28 8:30 AM–4 PM  <u><b>Aqua Fit: 10:30 AM</b></u> * Adopt-a-Spot: 11 AM–12 PM *Open Arms Café Lunch (Poutine): 12 PM *Wellness Wednesday, Making Protein Balls : 1:30–2:30 PM	Jan 29 12–4 PM  Healthy Living, Gym Group @ PoCo Rec Center: 1–3 PM  Colouring: 1–3 PM	Jan 30 8:30 AM–7:30 PM  Muffin Morning: 8:30 AM *Smoothie Club: 10 AM Art Club Special edition, Charcoals: 1:30–3 PM *Pitch-in-Kitchen (Cajun Chicken Sandwich & Fries): 3–6 PM Coffee House: 6–7:30 PM	Jan 31  

# Groups and Program Descriptions for January



- **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!
- **Aqua Fit** — **Lead:** Otilia & Melissa — **In-Person** — This is a low-impact pool workout designed to improve strength, endurance, and flexibility!
- **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.
- **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!
- **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!
- **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**.



## 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
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

- **Meditation** — **Lead:** Member-Led (Wes) — **Hybrid** — Come relax your mind and body through guided meditation practice.
- **Men's Group** — **Lead:** Noah (Contact: Sareena) — **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.
- **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:** Mariana — **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 on select wednesdays
- **Workshop with Peter** — **Lead:** Otilia — **In-Person** — Peter from TCMH is coming to the Clubhouse this month to conduct informal workshops on Seasonal Stress, and Models of Addiction.
- **Young Adults Group** — **Lead:** Natasha — **In-Person** — Young Adults, ages 19-31, come together for an inclusive social activity—dinners, games, and community excursions!