



# SURREY CLUBHOUSE ~ *New Frontier*

JAN 2018

Mon

Tue

Wed

Thu

Fri



9803 - 140 St.  
Surrey BC, V3T 4M4  
Phone: 604.581.6177  
Fax: 604.583.7970

**Clubhouse Hours**  
Monday to Friday  
9am - 4pm

**Young Adults Program** (see Young Adults Calendar)



Please feel free to call the clubhouse for more program details

01. **HAPPY NEW YEAR**  
**Clubhouse CLOSED**

08. **Drop in Social 9-10am**  
Grocery Shopping 9:30am  
Karaoke 1:00-2:30pm  
Drawing/Painting 1:00-3:00pm

15. **Drop in Social 9-10am**  
Grocery Shopping 9:30am  
Karaoke 1:00-2:30pm  
Drawing/Painting 1:00-3:00pm

22. **Drop in Social 9-10am**  
Grocery Shopping 9:30am  
Karaoke 1:00-2:30pm  
Drawing/Painting 1:00-3:00pm

29. **Drop in Social 9-10am**  
Grocery Shopping 9:30am  
Karaoke 1:00-2:30pm  
Drawing/Painting 1:00-3:00pm

02. **Drop in Social 9-10am**  
Breakfast Club 9:30-11:30am  
Yoga 10:00-10:30am  
Meditation 10:30-11:00am  
Community Social (Bingo, Cards, Games, Pool)  
Time: 1:30-2:30pm

09. **Drop in Social 9-10am**  
Breakfast Club 9:30-11:30am  
Yoga 10:00-10:30am  
Meditation 10:30-11:00am  
Community Social (Bingo, Cards, Games, Pool)  
Time: 1:30-2:30pm

16. **Drop in Social 9-10am**  
Breakfast Club 9:30-11:30am  
Yoga 10:00-10:30am  
Meditation 10:30-11:00am  
Community Social (Bingo, Cards, Games, Pool)  
Time: 1:30-2:30pm

23. **Drop in Social 9-10am**  
Breakfast Club 9:30-11:30am  
Yoga 10:00-10:30am  
Meditation 10:30-11:00am  
Community Social (Bingo, Cards, Games, Pool)  
Time: 1:30-2:30pm

30. **Drop in Social 9-10am**  
Breakfast Club 9:30-11:30am  
Yoga 10:00-10:30am  
Meditation 10:30-11:00am  
Community Social (Bingo, Cards, Games, Pool)  
Time: 1:30-2:30pm

03. **Drop in Social 9-10am**  
Members Meeting 9:30-10:00am  
**Ikea Breakfast**  
Time: 9:30-1:30pm Cost: \$2.99  
Menu/Leisure Planning 10:00am  
Color Your World 1:00-2:30pm  
Spiritual Health Group 1:15-2:30pm

10. **Drop in Social 9-10am**  
Members Meeting 9:30-10:00am  
Menu/Leisure Planning 10:00am  
Color Your World 1:00-2:30pm  
**Shopping at Costco**  
Time: 1:00-3:30pm Cost: FREE  
Spiritual Health Group 1:15-2:30pm

17. **Drop in Social 9-10am**  
Members Meeting 9:30-10:00am  
Menu/Leisure Planning 10:00am  
Color Your World 1:00-2:30pm  
**Bowling**  
Time: 1:00-3:30pm Cost: \$2.50  
Spiritual Health Group 1:15-2:30pm

24. **Drop in Social 9-10am**  
Members Meeting 9:30-10:00am  
Menu/Leisure Planning 10:00am  
Color Your World 1:00-2:30pm  
Spiritual Health Group 1:15-2:30pm  
**Cultural Event & Games Night (Theme: Chinese)**  
Time: 4:00-7:00pm Cost: \$3.00  
**PAY DAY**

31. **Drop in Social 9-10am**  
Members Meeting 9:30-10:00am  
Menu/Leisure Planning 10:00am  
**In-Service Discussion Group w/OT From Fraser Health**  
Time: 10:30-11:30am  
Color Your World 1:00-2:30pm  
Spiritual Health Group 1:15-2:30pm  
**Mall Outing - Willowbrook Mall**  
Time: 1:00-3:30pm Cost: FREE

04. **Drop in Social 9-10am**  
Movement w/ Music 9:30-10am  
Open Mic 10:30-11:00am  
In-House Games 1:30-3:00pm  
Creative Writing Circle  
Time: 1:00-3:00pm

11. **Clubhouse Open @ 10am due to staff meeting**  
Movement w/ Music 9:30-10am  
Open Mic 10:30-11:00am  
In House Games 1:30-3:00pm  
Creative Writing Circle  
Time: 1:00-3:00pm

18. **Drop in Social 9-10am**  
Movement w/ Music 9:30-10am  
Open Mic 10:30-11:00am  
In House Games 1:30-3:00pm  
Creative Writing Circle  
Time: 1:00-3:00pm

25. **Drop in Social 9-10am**  
Movement w/ Music 9:30-10am  
Open Mic 10:30-11:00am  
**Monthly Birthday Bash** 1:00pm  
In-House Games 1:30-3:00pm  
Creative Writing Circle  
Time: 1:00-3:00pm



05. **Drop in Social 9-10am**  
**NEW YEARS BRUNCH**  
Time: 11:00am  
Cost: FREE

12. **CLUBHOUSE CLOSED**  
**Staff Development Day**

19. **Drop in Social 9-10am**  
Allyson's Kitchen 10:30am  
Arts & Crafts 10:00-11:00am  
Reiki Healing 11:00-1:00pm  
Jam Session 1:00-3:00pm  
Matinee 1:00-3:00pm

26. **Drop in Social 9-10am**  
Allyson's Kitchen 10:30am  
Arts & Crafts 10:00-11:00am  
Jam Session 1:00-3:00pm  
Matinee 1:00-3:00pm

- BASIC LIVING SKILLS**
- Conversation skills
  - Problem Solving skills
  - Relationship Building
  - Budgeting/Shopping
  - Basic cleaning
  - Menu Planning
  - Meal preparation
  - Food safe
  - Accessing Community Resources

- LEISURE PROGRAMS**
- Art/Craft Classes
  - Games/Bingo/Pool
  - Jam Sessions
  - Yoga
  - Walking/Hiking
  - Baseball
  - Movies

- WELLNESS**
- WRAP
  - RST
  - Meditation
  - Reiki Healing
  - Spiritual Health
  - Substance Use

## BASIC LIVING SKILLS

**Conversation Skills:** Learn to improve communication skills and by doing so improve your quality of life.

**Relationship Building:** It's never too late to make new friends or reconnect with old ones. Build relationships with new friends and develop quality connections.

**Budgeting/Shopping:** Join staff in grocery shopping and learn healthy food choices and how to shop on a budget to improve your overall lifestyle.

**Basic Cleaning:** Learn and practice basic skills such as home management and janitorial duties.

**Baking Workshop Series:** Come join other members in learning how to bake a variety of baked goods and try out new recipes. (Will resume in September)

**Computer Lessons:** Learn basic computer skills with the help of staff. Setting up email accounts, navigating the Internet, basic knowledge of Microsoft Word.

**Accessing Community Resources:** Supporting individuals to access other services offered within the community.

## WELLNESS

**Quest Food Exchange:** Access affordable healthy food options at the Quest Food Exchange. Applications available at the Clubhouse for membership to Quest.

**Allyson's Kitchen:** Come and join other members to help share knowledge, ideas, cultures and lifestyles through food. Cooking together offers the opportunity to address all types of social and dietary needs.

**Meditation/Yoga:** Learn and practice basic meditation/Yoga skills to improve overall health and wellness.

**RST (Recovery Support Training)** is a workshop that provides participants with skills they need to recover also inspire others through storytelling of their own journey. For more info, call the clubhouse. **(CLOSED GROUP)**

**WRAP (Wellness Recovery Action Plan)** is a tool for learning how to take charge of your own health and wellness. You will learn ways to cope and deal with challenges. For more info, call the clubhouse. **(CLOSED GROUP)**

**In-Service Info by OT:** Topic - TBA. Last Wednesday of every other month for an hour session.

## LEISURE & RECREATION

**Drawing Workshop**  
Explore New Mediums and Techniques, collaborate with other artists, learn to draw from life.

**Jam Sessions:** Bring your talent and come join in on a musical jam session every Friday at 1:00-3:00pm.

**Arts & Crafts:** Explore your artistic side, Come join in on making your own creative jewelry. Explore your artistic side and opening up your imagination with painting.

**Bingo:** Play bingo, Have fun, win prizes and enjoy snacks!

**Karaoke:** Come join other members in singing your favorite song.

**Movement w/Music:** Come listen to music and express yourself through creative movement.

**Cultural Events:** Come and join members in promoting diversity through food, song, dance **and more!**

### YOUNG ADULTS

Offers a variety of social, recreational, and leisure activities for young adults (19-29 years of age).

**Please refer to young adults calendar.**

## SURREY CLUBHOUSE- NEW FRONTIER

**HOURS:** Monday to Friday JAN 2018  
9:00am to 4:00pm

### HOW CAN YOU HELP?

- *Help to prepare meals.*
- *Participate in maintaining a clean, orderly and welcoming clubhouse!*
- *Meet new people and make some friends!*
- *Join us for lunch at 12:00 pm. Please phone by 10.30 am to sign up for lunch. Cost: \$3.00.*
- *Participate in the various classes and activities we have such as; Art and Crafts, Jam Sessions, etc.*
- *Join us for our member meeting (every Wednesday at 9:30am).*

### UPCOMING EVENTS

- **Shopping @ Costco**
- **New Years Brunch**
- **Ikea Breakfast**
- **Bowling**
- **Cultural Dinner & Games Night**
- **Mall Outing - Willowbrook Mall**
- **Monthly Birthday Bash**
- **Creative Writing Circle**

**\* Please refer to flyers and sign-up sheets in the clubhouse for more info.**

### CONT'D...

- **Spiritual Health Group:** will run continuously every Wednesday from 1:15-2:30pm @ New Frontier. Call Emily @ 604.581.6177 to sign-up.
- **Wellness Recovery Action Plan (WRAP)** Must sign up to join this closed group. Session is now closed and is now accepting sign-ups for upcoming group. Please contact Kathleen or Ashley at the clubhouse for more info.
- **Recovery Support Training (RST)** Must sign up to join this closed group. Fall session is now closed and will be accepting sign-ups for next Fall 2018. Please contact Gershon "G" at the clubhouse for more info.

### REMINDERS

#### PLEASE NOTE:

Clubhouse Closed - Jan 1<sup>st</sup>

STAT Holiday

Jan 12<sup>th</sup> - Staff Development Day

Happy New Year

