



# SURREY CLUBHOUSE ~ New Frontier

FEB 2018

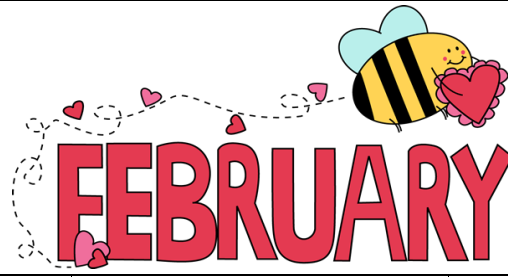
Mon

Tue

Wed

Thu

Fri



**01. 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

**02. 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

### BASIC LIVING SKILLS

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

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

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

**06. Drop in Social 9-10am**  
 Breakfast Club 9:30-11:30am  
 Meditation 10:30-11:00am  
 Yoga 11:00-11:30am  
 Community Social  
*(Bingo, Cards, Games, Pool)*  
 Time: 1:30-2:30pm  
**WRAP 1:00-3:30pm**

**07. Drop in Social 9-10am**  
 Members Meeting 9:30-10:00am  
 Menu/Leisure Planning 10:00am  
 Color Your World 1:00-2:30pm  
**Winter Walk & Hot Coco - Green Timbers Park/Tim Hortons**  
 Time: 1:00-3:30pm Cost: \$1.50  
 Spiritual Health Group 1:15-2:30pm  
**WRAP 1:00-3:30pm**

**08. Clubhouse Open at 10:00am 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

**09. 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

**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**

**12. CLUBHOUSE CLOSED**  
**BC FAMILY DAY**

**13. Drop in Social 9-10am**  
 Breakfast Club 9:30-11:30am  
 Meditation 10:30-11:00am  
 Yoga 11:00-11:30am  
 Community Social  
*(Bingo, Cards, Games, Pool)*  
 Time: 1:30-2:30pm  
**WRAP 1:00-3:30**

**14. Drop in Social 9-10am**  
 Members Meeting 9:30-10:00am  
 Menu/Leisure Planning 10:00am  
 Color Your World 1:00-2:30pm  
**New Frontier Valentines Dance**  
 \$2 Admission (non-members)  
 \$1 Food/Beverages Time: 5-8:00pm  
 Spiritual Health Group 1:15-2:30pm  
**WRAP 1:00-3:30pm**

**15. 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

**16. 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

### LEISURE PROGRAMS

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

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

**20. Drop in Social 9-10am**  
 Breakfast Club 9:30-11:30am  
 Meditation 10:30-11:00am  
 Yoga 11:00-11:30am  
 Community Social  
*(Bingo, Cards, Games, Pool)*  
 Time: 1:30-2:30pm  
**WRAP 1:00-3:30pm**

**21. 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  
**Bowling**  
 Time: 1:00-3:30pm Cost: \$2.50  
**WRAP 1:00-3:30pm**  
**PAY DAY**

**22. 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

**23. 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

### WELLNESS

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

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

**27. Drop in Social 9-10am**  
 Breakfast Club 9:30-11:30am  
 Meditation 10:30-11:00am  
 Yoga 11:00-11:30am  
 Community Social  
*(Bingo, Cards, Games, Pool)*  
 Time: 1:30-2:30pm  
**WRAP 1:00-3:30pm**

**28. 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  
**Mall Outing - Central City Mall**  
 Time: 1:00-3:30pm Cost: FREE  
**WRAP 1:00-3:30pm**

Happy Family Day



## 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 FEB 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

- **WRAP**
- **Winter Walk & Hot Coco—Green Timbers Park**
- **BC Family Day—Closed**
- **Valentines Dance**
- **Bowling**
- **Monthly Birthday Bash**
- **Mall Outing—Central City Mall**

**\* 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 on-going and is 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:

**Feb 08<sup>th</sup>:** Clubhouse open at 10:00am due to Staff Meeting

**Feb 12<sup>th</sup>:** Clubhouse Closed STAT Holiday



Happy Valentines