



SURREY CLUBHOUSE ~ *New Frontier*

MAR 2018

Mon

Tue

Wed

Thu

Fri



DAYLIGHT SAVINGS TIME CHANGE
March 11th
(Spring Forward - 1 HR)

FIRST DAY OF SPRING
March 20th




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

02. Drop in Social 9-10am
Allyson's Kitchen 10:30am
Arts & Crafts
(Theme: **Card Making**)
Time: 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

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 
Computer Lessons 1-2:00pm

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

07. 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
Costco Shopping
Time: 1:00-3:30pm Cost: FREE
WRAP 1:00-3:30pm

08. Clubhouse Open at 10:00am due to staff meeting
Movement w/ Music 10-10:30am
Open Mic
Topic: **Women's Day**
Time: 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
(Theme: **Jewelry Making**)
Time: 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. Drop in Social 9-10am
Grocery Shopping 9:30am
Karaoke 1:00-2:30pm 
Computer Lessons 1-2:00pm

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


14. 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
Nature Walk - Tynehead Park
Time: 1:00-3:30pm Cost: FREE
WRAP 1:00-3:30pm

15. Drop in Social 9-10am
Movement w/ Music 9:30-10am
Open Mic - Topic: **St. Patrick's**
Time: 10:30-11:00am 
In House Games 1:30-3:00pm
Creative Writing Circle
Time: 1:00-3:00pm
WRAP 1:00-3:30pm

16. Drop in Social 9-10am
Allyson's Kitchen 10:30am
Arts & Crafts
(Theme: **St Patrick's Decoration**)
Time: 10:00-11:00am 
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 
Computer Lessons 1-2:00pm

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


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
Clubhouse Visit—TBD
Time: 1:00-3:30pm Cost: FREE
PAY DAY
WRAP 1:00-3:30pm

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

23. Drop in Social 9-10am
Allyson's Kitchen 10:30am
Arts & Crafts
(Theme: **Painting**)
Time: 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 
Computer Lessons 1-2:00pm

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

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
Easter Lunch
Time: 12:00pm Cost: FREE
WRAP 1:00-3:30pm

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

30. CLUBHOUSE CLOSED for Good Friday!



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
9:00am to 4:00pm
MAR 2018



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

- **Costco Shopping**
 - **Nature Walk - Tynehead Park**
 - **Clubhouse Visit - TBD**
 - **Easter Lunch**
 - **Monthly Birthday Bash**
- * 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:

CLUBHOUSE OPEN at 10:00am,
Mar 8th due to Staff Meeting

CLUBHOUSE CLOSED
Mar 30th
STAT Holiday
Good Friday



Spring