



SURREY CLUBHOUSE ~ New Frontier



JULY 2017

Mon

Tue

Wed

Thu

Fri



03. 
JULY 1
 CLUBHOUSE CLOSED

04. Drop in Social 9-10am
 Breakfast Club 9:30-11:30am
 Meditation 10:30-11:00am
 Community Social 1:30-2:00pm
 Gardening 2:00-3:00pm

05. Drop in Social 9-10am
 Members Meeting 9:30-10:00am
 Menu/Leisure Planning 10:00am
Ikea Breakfast
 Time: 10:00-2:00pm
 Cost: \$1.99



06. Drop in Social 9-10am
 Walking Group 10:00-11:00am
 Creative Writing 1:30-2:30pm
 Baseball 4:00pm

07. 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

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

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

11. Drop in Social 9-10am
 Breakfast Club 9:30-11:30am
 Meditation 10:30-11:00am
 Community Social 1:30-2:00pm
 Gardening 2:00-3:00pm

12. Drop in Social 9-10am
 Members Meeting 9:30-10:00am
 Menu/Leisure Planning 10:00am
Allouette Lake
 Time: 10:00-3:30pm
 Cost: \$3.00



Color Your World 1:00-2:30pm

13. Drop in Social 9-10am
 Walking Group 10:00-11:00am
 Creating Writing 1:30-2:30pm
 Baseball 4:00pm

14. 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

Clubhouse Hours
 Monday to Friday
 9am - 4pm

Young Adults Program (see Young Adults Calendar)

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

18. Drop in Social 9-10am
 Breakfast Club 9:30-11:30am
 Meditation 10:30-11:00am
 Community Social 1:30-2:00pm
 Gardening 2:00-3:00pm

19. Drop in Social 9-10am
 Members Meeting 9:30-10:00am
 Menu/Leisure Planning 10:00am
Inter-Clubhouse Picnic
 Time: 10:30-3:00pm
 Cost: \$3.00



Color Your World 1:00-2:30pm

20. Drop in Social 9-10am
 Walking Group 10:00-11:00am
 Creative Writing 1:30-2:30pm
 Baseball 4:00pm

21. 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

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

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


25. Drop in Social 9-10am
 Breakfast Club 9:30-11:30am
 Meditation 10:30-11:00am
 Community Social 1:30-2:00pm
 Gardening 2:00-3:00pm

26. Drop in Social 9-10am
 Members Meeting 9:30-10:00am
 Menu/Leisure Planning 10:00am
Berry Picking
 Time: 10:30-3:30pm
 Cost: \$3.00



Color Your World 1:00-2:30pm

27. Drop in Social 9-10am
 Walking Group 10:00-11:00am
 Monthly Birthday Bash 1:00pm



Creative Writing 1:30-2:30pm
 Baseball 4:00pm

28. 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


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

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

Celebrate



CANADA'S  **150th** 



Please feel free to call the clubhouse for more program details

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.

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.

Canada Day July 1st

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: Learn and practice basic meditation 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 Friday 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.

Baseball: On-going every summer. Contact "G" for more info and when interested on sign-up.

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
9:00 to 4:00
JULY 2017

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*

UPCOMING EVENTS AND HIGHLIGHTS

- **Breakfast @ Ikea**
- **Nature Walk @ Allouette Lake**
- **Inter-Clubhouse Picnic @ Peace Arch**
- **Berry Picking @ Krause Berry Farm**
- **Baseball every Thursday during the summer**
- **Monthly Birthday Bash @ New Frontier Clubhouse**

*** 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 now closed and is now accepting sign-ups for upcoming group. Please contact Kathleen or Ashley 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 2017. Please contact Gershon "G" for more info.

REMINDERS

PLEASE NOTE: Lunch price increase to \$3.00 per meal.

Clubhouse Closed, July 03rd due to Canada Day Holiday.

