







SURREY CLUBHOUSE ~ *New Frontier*

MAR 2017	Mon	Tue	Wed	Thu	Fri	
 <p>9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970</p>	<p>DAYLIGHT SAVING TIME</p>  <p>March 12 Sunday @ 2am 1hr forward!</p>	<p>01. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Restaurant Outing @ Rickshaw Time: 11:00-2:00pm Cost: \$7.00 Spiritual Health Group 1:15-2:30pm</p>	<p>02. Drop in Social 9-10am Walking Group 10:00-11:00am <i>(Weather Permitting)</i> Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm</p>	<p>03. Drop in Social 9-10am Community Kitchen w/Allison Time: 10:30am Computer Lessons 10:30-11am Reiki Healing 11:00-1:00pm Jam Session 1:00-3:00pm Matinee 1:00-3:00pm</p>	<p>BASIC LIVING SKILLS</p> <ul style="list-style-type: none"> • Conversation skills • Problem Solving skills • Relationship Building • Budgeting/Shopping • Basic cleaning • Menu Planning • Meal preparation • Food safe • Accessing Community Resources 	
		<p>06. Drop in Social 9-10am Grocery Shopping 9:30am In-House Games Day Time: 1:00-2:30pm Drawing/Painting 1:00-3:00pm Karaoke 1:00-2:30pm</p>	<p>07. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Love Sex Relationship Time: 11:00-12:30pm Community Social 1:30-2:00pm Talking Tobacco 1:00-2:30pm</p>	<p>08. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Bowling @ Dell Lanes Time: 1:00-3:30pm Cost: \$2.00 Spiritual Health Group 1:15-2:30pm</p>		<p>09. Clubhouse open at 10am due to staff meeting Walking Group 10:00-11:00am <i>(Weather Permitting)</i> Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm</p>
<p>Clubhouse Hours <i>Monday to Friday 9am - 4pm</i></p> <p>Young Adults Program (see Young Adults Calendar)</p>  <p>Please feel free to call the clubhouse for more program Details</p>	<p>13. Drop in Social 9-10am Grocery Shopping 9:30am In-House Games Day Time: 1:00-2:30pm Drawing/Painting 1:00-3:00pm Karaoke 1:00-2:30pm</p>	<p>14. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Love Sex Relationship Time: 11:00-12:30pm Community Social 1:30-2:00pm Talking Tobacco 1:00-2:30pm</p>	<p>15. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am River Market @ New West Time: 12:30-3:30pm Cost: FREE Spiritual Health Group 1:15-2:30pm</p>	<p>16. Drop in Social 9-10am Walking Group 10:00-11:00am <i>(Weather Permitting)</i> Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm</p> <p></p>	<p>17. Drop in Social 9-10am Community Kitchen w/Allison Time: 10:30am Computer Lessons 10:30-11am Reiki Healing 11:00-1:00pm Jam Session 1:00-3:00pm Matinee 1:00-3:00pm</p> 	
	<p>20. Drop in Social 9-10am Grocery Shopping 9:30am In-House Games Day Time: 1:00-2:30pm Drawing/Painting 1:00-3:00pm Karaoke 1:00-2:30pm</p>	<p>21. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Love Sex Relationship Time: 11:00-12:30pm Community Social 1:30-2:00pm Talking Tobacco 1:00-2:30pm</p>	<p>22.</p> <p>CLUBHOUSE CLOSED</p> <p>STAFF TRAINING</p>	<p>23. Drop in Social 9-10am Walking Group 10:00-11:00am <i>(Weather Permitting)</i> Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm</p>	<p>24. Drop in Social 9-10am Community Kitchen w/Allison Time: 10:30am Computer Lessons 10:30-11am Jam Session 1:00-3:00pm Matinee 1:00-3:00pm</p>	
	<p>27. Drop in Social 9-10am Grocery Shopping 9:30am In-House Games Day Time: 1:00-2:30pm Drawing/ Painting 1:00-3:00pm Karaoke 1:00-2:30pm In-Service Info by OT 2-3pm</p>	<p>28. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Love Sex Relationship Time: 11:00-12:30pm Community Social 1:30-2:00pm Talking Tobacco 1:00-2:30pm</p>	<p>29. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Nature Walk @ Iona Park Time: 10:00-3:30pm Cost: \$3.00 Spiritual Health Group 1:15-2:30pm</p>	<p>30. Drop in Social 9-10am Walking Group 10:00-11:00am <i>(Weather Permitting)</i> Arts & Crafts 10:00-11:00 am Monthly Birthday Bash Time: 1:00pm</p> 	<p>31. Drop in Social 9-10am Community Kitchen w/Allison Time: 10:30am Computer Lessons 10:30-11am Jam Session 1:00-3:00pm Matinee 1:00-3:00pm</p>	
					<p>LEISURE PROGRAMS</p> <ul style="list-style-type: none"> • Art/Craft Classes • Games/Bingo/Pool • Jam Sessions • Yoga • Walking/Hiking • Baseball • Movies <p>WELLNESS</p> <ul style="list-style-type: none"> • Healthy Living, Healthy Habits • WRAP • RST • Smoking Cessation • 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 re-connect 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.

Healthy Living Healthy Habits: Learn about healthy eating habits, staying active, and how to save money while grocery shopping.

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.

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

WELLNESS

Smoking Cessation: Helps you to reduce or stop smoking by learning strategies in a supportive environment. Every Tuesday from 1:00-2:30pm.

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

Community 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.

Yoga/Meditation: Learn basic yoga through practicing various poses and meditation to improve health.

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 - Creating a Good Sleep Routine. Every last Friday of the month for an hour session.

LEISURE & REC

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.

* **Doll Making (On hold until next year TBA)**

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

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

Baseball: Congratulations to the clubhouse baseball team for another successful season.

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

MARCH 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 (every Wednesday at 9:30am).*

UPCOMING EVENTS AND HIGHLIGHTS

- **Rickshaw Restaurant Outing**
- **Bowling**
- **River Market - New West**
- **Nature Walk - Iona Park**
- **Reiki Healing**
- **Monthly Birthday Bash**
- **Love, Sex & Relationships Workshop**
- **Talking Tobacco (Last Month)**

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 on-going 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.
- **Talking Tobacco:** is now in session and sign-up is now closed. Please contact Kathleen or Ashley at the clubhouse for more info.



**** REMINDERS ****

PLEASE NOTE:
Lunch price increase to
\$3.00 PER MEAL.

Clubhouse Open @ 10:00am,
Mar 09th due to staff meeting.

Closed Mar 22nd
Staff Training