





SURREY CLUBHOUSE ~ *New Frontier*

MAY 2017	Mon	Tue	Wed	Thu	Fri	
	01. Drop in Social 9-10am Grocery Shopping 9:30am Wellness with Ude Time: 10:00-11:30am Budgeting Workshop 1-2pm Drawing/Painting 1:00-3:00pm	02. Drop in Social 9-10am Wellness Brunch for \$1.00 Time: 11:00-12:00pm Community Social 1:30-2:00pm Gardening 2:00-3:00pm	03. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Recovery Sharing Talk Time: 1:00-2:30pm Spiritual Health Group Time: 1:15-2:30pm	04. Drop in Social 9-10am Walk for Mental Health @ Green Timbers Park Time: 10:00-11:30am Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm Computer Lessons 2:00-3:00pm	05. Drop in Social 9-10am Annual Mental Health Week BBQ & Jam Time: 11:00am-1:00pm	BASIC LIVING SKILLS <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
	MENTAL HEALTH WEEK - MAY 01-07, 2017					
9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970	08. Drop in Social 9-10am Grocery Shopping 9:30am Budgeting Workshop 1-2pm Drawing/Painting 1:00-3:00pm Karaoke 1:00-2:30pm	09. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Community Social 1:30-2:00pm Gardening 2:00-3:00pm	10. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Costco Lunch-Hot Dogs Time: 11:00-2:30pm Spiritual Health Group Time: 1:15-2:30pm	11. CLUBHOUSE OPEN AT 11AM DUE TO STAFF MEETING Walking Group 10:00-11:00am Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm Computer Lessons 2:00-3:00pm	12. Drop in Social 9-10am Community Kitchen 10:30am Reiki Healing 11:00-1:00pm Jam Session 1:00-3:00pm Matinee 1:00-3:00pm	LEISURE PROGRAMS <ul style="list-style-type: none"> • Art/Craft Classes • Games/Bingo/Pool • Jam Sessions • Yoga • Walking/Hiking • Baseball • Movies
Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i> Young Adults Program (see Young Adults Calendar) 	15. Drop in Social 9-10am Grocery Shopping 9:30am Budgeting Workshop 1-2pm Drawing/Painting 1:00-3:00pm Karaoke 1:00-2:30pm	16. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Community Social 1:30-2:00pm Gardening 2:00-3:00pm	17. 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: \$2.50 Spiritual Health Group Time: 1:15-2:30pm	18. Drop in Social 9-10am Walking Group 10:00-11:00am Arts & Crafts 10:00-11:00 am Baking 1:00-3:00pm Computer Lessons 2:00-3:00pm	19. Drop in Social 9-10am Community Kitchen w/Allison Time: 10:30am Jam Session 1:00-3:00pm Matinee 1:00-3:00pm	
Please feel free to call the clubhouse for more program details	22. CLUBHOUSE CLOSED Victoria Day!	23. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Community Social 1:30-2:00pm Gardening 2:00-3:00pm	24. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Art Exhibit & Sale @ Newton Cultural Center Gallery Time: 1:00-3:30pm Cost: FREE Spiritual Health Group Time: 1:15-2:30pm	25. Drop in Social 9-10am Walking Group 10:00-11:00am Arts & Crafts 10:00-11:00am Monthly Birthday Bash Time: 1:00pm Baking 1:00-3:00pm Computer Lessons 2:00-3:00pm 	26. Drop in Social 9-10am Community Kitchen 10:30am Reiki Healing 11:00-1:00pm Jam Session 1:00-3:00pm Matinee 1:00-3:00pm	
	29. Drop in Social 9-10am Grocery Shopping 9:30am Budgeting Workshop 1-2pm Drawing/ Painting 1:00-3:00pm Karaoke 1:00-2:30pm	30. Drop in Social 9-10am Breakfast Club 9:30-11:30am Yoga/Meditation 10:00-11:00am Community Social 1:30-2:00pm Gardening 2:00-3:00pm	31. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Nature Walk/Picnic @ Buntzen Lake 10:00-3:30pm Cost: \$3.00 Spiritual Health Group Time: 1:15-2:30pm			

SURREY CLUBHOUSE- NEW FRONTIER

HOURS: Monday to Friday MAY 2017
9:00 to 4:00

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.

WELLNESS

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 and inspires others through the 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 and 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: Come join in on making your own creative jewelry. Explore your artistic side and open up your imagination with painting.

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

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

Softball: On-going every summer. Contact "G" for more info and when interested in signing up.

Cultural Event: 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.

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

- **Wellness with Udi**
- **Wellness Brunch**
- **Recovery Sharing Talk**
- **Walk for Mental Health - Green Timbers Park**
- **Annual Mental Health BBQ - Clubhouse**
- **Costco Lunch - Hot Dogs**
- **Bowling - Dell Lanes**
- **Art Exhibit & Sale**
- **Monthly Birthday Bash**
- **Nature Walk/Picnic - Buntzen Lake**

**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. A group session is now underway. Please contact Kathleen or Ashley to sign-up for the next session or for more information.
- **Recovery Support Training (RST)** Must sign up to join this closed group. Fall session is now closed and will be accepting sign-ups for Fall 2017. Please contact Gershon "G" for more information.

REMINDERS

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

Clubhouse Open @ 11:00am,
May 11th due to staff meeting.

Closed May 22nd
Victoria Day

