










SURREY CLUBHOUSE ~ New Frontier

AUG 2017	Mon	Tue	Wed	Thu	Fri		
 <p>9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970</p>		01. 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 	02. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Bowling Time: 1:00-3:30pm Cost: \$2.50 WRAP 1:00-3:30pm Color Your World 1:00-2:30pm	03. Drop in Social 9-10am Walking Group 10:00-11:00am WRAP 1:00-3:30pm In House Games 1:30-3:00pm Baseball 4:00pm	04. 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 <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 	
	07. BC DAY / CIVIC HOLIDAY CLUBHOUSE CLOSED	08. 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	09. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Cultus Lake Time: 10:00-3:30pm Cost: \$3.00 WRAP 1:00-3:30pm Color Your World 1:00-2:30pm	10. Drop in Social 9-10am Walking Group 10:00-11:00am WRAP 1:00-3:30pm In House Games 1:30-3:00pm Baseball 4:00pm 	11. 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 <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>	14. 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	15. 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	16. 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 WRAP 1:00-3:30pm Color Your World 1:00-2:30pm	17. Drop in Social 9-10am Walking Group 10:00-11:00am WRAP 1:00-3:30pm In House Games 1:30-3:00pm Baseball 4:00pm		
Young Adults Program (see Young Adults Calendar) 	21. 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	22. 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	23. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm WRAP 1:00-3:30pm Hawaiian Dance @ WH Time: 5:00-9:00pm Adm: \$2.00 Food & Beverage: \$1.00 	24. Drop in Social 9-10am Walking Group 10:00-11:00am WRAP 1:00-3:30pm In House Games 1:30-3:00pm Baseball 4:00pm	25. 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		
Please feel free to call the clubhouse for more program details	28. 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 In-Service By OT 2:00-3:00pm	29. 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	30. 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	31. Drop in Social 9-10am Walking Group 10:00-11:00am Monthly Birthday Bash  Time: 1:00pm In House Games 1:30-3:00pm Baseball 4:00pm	WELLNESS <ul style="list-style-type: none"> • WRAP • RST • Meditation • Reiki Healing • 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 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.

BC Day Aug 7th

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: 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.

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
AUG 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; Arts and Crafts, Jam Sessions, etc.*
- *Join us for our member meeting (Every Wednesday at 9:30am).*

UPCOMING EVENTS AND HIGHLIGHTS

- *Bowling @ Dell Lanes*
- *Nature Walk/Picnic @ Cultus Lake*
- *Inter-Clubhouse Picnic @ Peace Arch*
- *Hawaiian Dance @ Whale House*
- *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 will be 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: Aug 7th due to Civic Holiday.

