

<p>Locations: Shawnigan Training Apartment #123 5555 – 14th Ave. Tsawwassen</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Winskill Aquatic Centre 5575 9 Ave. Tsawwassen</p>	<p>June 2017</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p><i>moving forward together</i></p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p>June 2017</p>	<p>PH: 604.596.6694</p> <p>www.dawnsociety.ca (access our calendar online)</p> <p>North Clubhouse: 11715 72nd Ave. Delta</p>
<p>MONDAY(SOUTH)</p>	<p>TUESDAY(NORTH)</p>	<p>WEDNESDAY(SOUTH)</p>	<p>THURSDAY(NORTH)</p>	<p>FRIDAY(NORTH)</p>
	<p>IMPORTANT:</p> <p>Saturday June 3rd – FOODSAFE Certification Level 1 (Sign up with Aferdita)</p>	<p>REMINDERS:</p> <p>June 9th – Drummin with Michelle and Dinner</p> <p>June 14th – Inter Clubhouse Picnic at Peace Arch Park</p> <p>June 23rd – Jammin with Jared and Dinner</p> <p>June 28th – New Frontier Dance</p>	<p>1. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: 7 Habits for a healthy mind</p>	<p>2. Open 10am-4pm 10:30am-Menu Plan Grocery List 11:30am-Culinary Work Skills and Lunch 1:00pm-Members' Meeting 1:30pm-Way in to Personal Growth: Get Involved 3:00pm-Meditation and Mindfulness: Led by Jazz</p>
<p>5. 10:30am-Way In to Personal Growth: Let's Make a Healthy Snack (Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society</p> <div data-bbox="77 772 316 823" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: CLOSED</p> </div>	<p>6. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: Pros and Cons of Dating Sites 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art</p> <div data-bbox="376 865 623 919" style="border: 1px solid black; padding: 2px;"> <p>YA Group: Watershed Park</p> </div>	<p>7. 10:30am-Members Meeting 11:45am-Ready, Set, Work (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Walk TBA</p> <div data-bbox="695 781 954 886" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Let's Bake Muffins (Healthy Alternatives)</p> </div>	<p>8. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Stretch Class</p>	<p>9. Open 1pm-8pm 1:30pm-Way in to Personal Growth: Let's Make a Healthy Snack 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness 3:30pm-Members' Meeting 4:00pm-Drummin with Michelle and Dinner</p> 
<p>12. 10:30am-Way In to Personal Growth: Eating Right (Shawnigan Apt) 11:00pm-12:00pm-DAWN Talks: Pros and Cons of Dating Sites (Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Program at Winskill: Frisbee Golf</p> <div data-bbox="77 1207 300 1285" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>13. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:30am-DAWN Talks: Event Guide for the Summer Months 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div data-bbox="376 1129 623 1184" style="border: 1px solid black; padding: 2px;"> <p>YA Group: TBA</p> </div> <div data-bbox="376 1201 623 1276" style="border: 1px solid black; padding: 2px;"> <p>Clubhouse CLOSED at 3pm for Staff Meeting</p> </div>	<p>14. Inter Clubhouse Picnic at Peace Arch Park (11:00am-2:00pm)</p>  <div data-bbox="678 1159 948 1276" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Inter Clubhouse Picnic (Peace Arch Park)</p> </div>	<p>15. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Things to do daily for a healthy heart</p>	<p>16. Open 10am-4pm 10:30am-Menu Plan Grocery List 11:30am-Culinary Work Skills and Lunch 1:00pm-Members' Meeting 1:30pm-Way in to Personal Growth: Eating Right 3:00pm-Meditation and Mindfulness: Laughing Yoga with Tammy</p>
<p>19. 10:30am-Way In to Personal Growth: TBA (Shawnigan Apt) 11:00pm-12:00pm-DAWN Talks: Discussion on STD's with Bonnie-Jean(Shawnigan Apt) 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Program at Winskill</p> <div data-bbox="77 1554 300 1631" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>20. Open 9am-4pm –HAPPY 1st DAY of SUMMER– 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: Discussion on STD's with Bonnie-Jean 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div data-bbox="376 1579 623 1654" style="border: 1px solid black; padding: 2px;"> <p>YA Group: Cultus Lake Outing (Must be in Clubhouse at 8:00am)</p> </div>	<p>21. 10:30am-Meditation and Mindfulness (Shawnigan Apt.) 11:00am-Community Kitchen Planning Peer Led 1:30pm-3:00pm-HBHM: Deas Island Park Walk</p> <p>Fort Langley Outing (10:00am-2:00pm)</p> <div data-bbox="678 1537 948 1621" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Healthy Aging</p> </div>	<p>22. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Diabetes Symptoms</p>	<p>23. Open 1pm-8pm 1:30pm-Way in to Personal Growth: TBA 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness 3:30pm-Jammin' with Jared and BBQ</p> 
<p>26. 10:30am-Way In to Personal Growth: Get Involved (Shawnigan Apt) 11:00pm-DAWN Talks: Foods High in Vitamins and Minerals (Shawnigan Apt) 1:30pm- You Gotta Have Art at Little House Society 1:30pm-Fitness Program at Winskill</p> <div data-bbox="94 1915 311 1984" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>27. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: Foods High in Vitamins and Minerals 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <div data-bbox="376 1906 623 1984" style="border: 1px solid black; padding: 2px;"> <p>YA Group: Peer Led by Jasmine (PlayStation Fun) 2pm-4pm</p> </div>	<p>28. 10:30am-Community Kitchen Peer Led (Cost \$2) 11:45am-Ready, Set, Work (Shawnigan Apt.) 1:30pm-3:00pm-HBHM: Walk</p> <div data-bbox="669 1795 938 1957" style="border: 1px solid black; padding: 2px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: TBA</p> <p>5:00pm-Dance at New Frontier (Please Sign Up for Ride)</p> </div>	<p>29. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Yoga and Meditation at Strawberry Hill</p> <p>Clubhouse CLOSED at 2:45pm</p>	<p>30. Open 10am-4pm 10:30am-Menu Plan Grocery List 11:30am-Culinary Work Skills and Lunch 1:00pm-Members' Meeting 1:30pm-Way in to Personal Growth: TBA 3:00pm-Meditation and Mindfulness</p>

CLUBHOUSE PROGRAMS



Employment Programs/Supported Work programs Offered through the Clubhouse, supports members who are interested in casual paid employment in a community setting:

The Glean Team (a cleaning service serving the communities of Surrey and Delta); the **Moving Crew** (a group of individuals who do small, local moving jobs and are paid an hourly wage) and the **Delta Hospital TV Rental Program** (providing TV rentals to patients at Delta Hospital).

Volunteer Opportunities Therapeutic Volunteer Placement program offers a volunteer experience in the community and is twelve months in duration. Placements are tailored to meet a person's individual needs that they have determined for themselves (Persons in the T.V.P. program are required to do a minimum of 10 hours volunteering each month and receive a monthly honorarium)

Ready, Set, Work This group concentrates on exploring different employment opportunities, practicing interview skills, working on computer skills, exploring and discussing job requirements.

Young Adults (Ages 19-30) This group of young adults meets every Tuesday to engage with one another in various activities such as, social recreation, volunteerism, community exploration and education. This enables individuals to socialize and be more involved in their community.

Social Recreation A variety of special events are scheduled such as Christmas lights, tours Burnaby Village Museum, walking around Gastown, or taking trips to local beaches, and various community events.

Relationship Group This closed group has two to three sessions per year with a facilitator. The focus is on identifying, developing and maintaining healthy relationships.

DAWN Talks Various topics are discussed ranging from current events in the community and in the world, to concerns brought up by the members.

You Gotta Have Art Individuals are encouraged to explore their artistic side through different media. Within this gathering there is a painting group, a drawing group and a group of mandala enthusiasts

Music Program We invite musicians to come in each month and entertain. Members are encouraged to sing and/or play along.

Healthy Body, Healthy Mind A variety of topics regarding healthy eating, exercise and the importance of maintaining a healthy lifestyle.

Members Meeting Every Friday North and last Wednesday, South members meet to discuss current events, clubhouse duties, and the monthly calendar. This meeting gives members the opportunity to plan upcoming events and activities of the Clubhouse.

Culinary Program Members meet to plan the menu, prepare the shopping list, and shop. Members prepare the meals, and at the same time learn the requirements of Food Safe.

Guest speakers We often bring in speakers such as the Delta Mental Health Police Liaison, a person speaking on budgeting and finances, an employment specialist, i.e. Work BC and guest artists.

Fitness Program Every Monday in the South and every Tuesday in the North individuals are encouraged to attend a one hour physical activity program at the local fitness centre.

A Way into Personal Growth Series A group in which a variety of topics on personal growth and self-esteem are explored.