



<p>Locations:</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Ladner Leisure Centre 4600 Clarence Taylor Cr. Ladner</p> <p>Ladner United Church 4960 48th Avenue Ladner</p>	<p>July 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>July 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>3.</p> <p>Clubhouse CLOSED</p> <p>HAPPY</p> 	<p>4. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:30am-DAWN Talks: Health Talk – Blood Pressure 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art</p> <p>YA Group: TBA</p>	<p>5.</p> <p>10:30am-Ready, Set, Work Queen's Park</p> <p>1:30pm-Walk and Talk: - Local Park</p> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Keeping your Brain Young</p>	<p>6. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality – Group Discussion 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Walk and Talk</p>	<p>7.</p> <p>Clubhouse Closed for VICTORIA Trip!</p> 
<p>10.</p> <p>10:30am-11:15am -Way In to Personal Growth: Healthy Gut (Ladner United Church) 11:15am-12:00pm-DAWN Talks: (Ladner United) Safety Tips – Walking at Night 1:30pm-3:00pm-You Gotta Have Art at Little House Society – Working on Your Journal 1:30pm-3:00pm-Fitness Program at Ladner Pool</p> <p>NORTH Clubhouse: 1:30pm-Job Search (Bv appointment only)</p>	<p>11.</p> <p>Clubhouse closed for staff workshop</p>	<p>12.</p> <p>10:30am-Hopes and Dreams Discussion - Meet at Tim Horton's 1211 56th Ave. (Tsawwassen)</p> <p>1:30pm-Walk and Talk – Local Park</p> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Local Walk and Coffee</p>	<p>13. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality- Group Discussion 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Walk and Talk</p>	<p>14. Open 10pm-4pm 10:30am-Menu Plan Grocery List</p> <p>11:30am-Culinary Work Skills and Lunch 1:00pm-Members' Meeting 1:30pm-Way in to Personal Growth: Healthy Gut 3:00pm-Meditation and Mindfulness</p>
<p>17.</p> <p>10:30am-11:15am -Way In to Personal Growth: Things to Avoid & to Work On (Ladner United Church) 11:15am -12:00pm-DAWN Talks: (Ladner United) How to Save \$ with Grocery coupons 1:30pm-3:00pm-You Gotta Have Art - Little House Society –Visit to Secret Garden 1:30-3:00-Fitness Program at Ladner Pool</p> <p>NORTH Clubhouse: 1:30pm-Job Search (Bv appointment only)</p>	<p>18. Open 9am-4pm 9:00am--Member Chat & Coffee 10:00am Outing</p> <p>Bag Lunch: White Rock</p> <p>YA Group: Joint Trip to White Rock. Bag Lunch</p>	<p>19.</p> <p>10:30am-Ready, Set, Work Meet at Tim Horton's 1211 56th Ave. (Tsawwassen) – Dressing for Success</p> <p>1:30pm Walk and Talk Local Park</p> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Choosing Fresh Fruits and Vegetables</p>	<p>20. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality- Group Discussion 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Walk and Talk</p>	<p>21. Open 1am-8pm</p> <p>Picnic Outing to Crescent Park: Meet at North Clubhouse at 1:00pm</p>
<p>24.</p> <p>10:30am-11:15am -Way In to Personal Growth: Super Foods (Ladner United Church) 11:15am 12:00-DAWN Talks: (Ladner United) The Effects of Caffeine 1:30pm-3:00pm-You Gotta Have Art at Little House Society – Working on Your Journal 1:30pm-3:00pm-Fitness Program at Ladner Pool</p> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p>	<p>25. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-DAWN Talks: The Effects of Caffeine 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art Surrey Art Gallery Meet at North Clubhouse</p> <p>YA Group: TBA</p>	<p>26.</p> <p>HARRISON Hot Springs Day Trip</p> <p>Cost \$3</p> <p>NORTH Clubhouse: 11:30pm-3pm Seniors Connect: Special outing – picnic – Bear Creek Park</p>	<p>27. Open 9am-4pm 9:00am-Member Chat & Coffee 10:00am-Clubhouse Maintenance 10:00am- Spirituality- Group Discussion 11:00am-Computer Class 11:30am-Culinary Work Skills and Lunch 1:00pm-Ready, Set, Work 1:30pm-HBHM: Walk and Talk</p>	<p>28. Open 10pm-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: Super Foods 3:00pm-Meditation and Mindfulness</p>
<p>31. 10:30am-11:15am -Way In to Personal Growth: Dr. Oz Tips Week 1 (Ladner United) 11:15am-12:00pm-DAWN Talks: (Ladner United) Astrology 1:30pm-3:00pm-You Gotta Have Art at Little House Society - Sketching at the Beach 1:30pm-3:00pm-Fitness Program at Ladner Pool</p> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</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 Gleam 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.