


<p><b>Locations:</b></p> <p>Little House Society 5061 – 12<sup>th</sup> Ave. Tsawwassen</p> <p>Ladner United Church 4960 48<sup>th</sup> Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p><b>September 2017</b></p>	 <p><b>D.A.W.N. SOCIETY</b> DELTA ALLIANCE FOR WELLNESS &amp; NETWORKING</p> <p><i>moving forward together</i></p> <p><b>**Please note that dates and times are subject to change.</b></p>	<p><b>September 2017</b></p>	<p>PH: 604.596.6694</p> <p>www.dawnsociety.ca (access our calendar online)</p> <p>North Clubhouse: 11715 72<sup>nd</sup> Ave. Delta</p>
<p><b>MONDAY(SOUTH)</b></p>	<p><b>TUESDAY(NORTH)</b></p>	<p><b>WEDNESDAY(SOUTH)</b></p>	<p><b>THURSDAY(NORTH)</b></p>	<p><b>FRIDAY(NORTH)</b></p>
	<p><b>*WRAP</b> is ...The Wellness Recovery Action Plan® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.</p>			<p>1. <b>Open 10am-4pm</b> 10:30am-<b>Members' Meeting</b> 11:30am-Culinary Work Skills and Lunch 1:30-<b>Way in to Personal Growth: The Mental Health Benefits of Exercise</b> 2:00pm-Labour Day Activity and Celebrations</p>
<p>4. <b>CLUBHOUSE CLOSED FOR LABOUR DAY</b></p> 	<p>5. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-Overdose Prevention Talks—Part 1 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art - Working on Your Journal</p> <div data-bbox="389 829 641 903" style="border: 1px solid black; padding: 5px;"> <p>YA Group: Downtown Vancouver Trip</p> </div>	<p>6. 10:30pm- <b>Coffee at Tsawwassen Tim Hortons/</b></p> <p><b>CLUBHOUSE CLOSED for MEETING 1:30-4PM</b></p> 	<p>7. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:30am-Spirituality Group 11:00am-International Day(Albania) 11:30am-Culinary Work Skills and Lunch (Albanian) 1:00pm-<b>Skill Building: Understanding Nutrition Labels</b> 1:30pm-HBHM: <b>Walk</b></p> 	<p>8. <b>Open 10am-4pm</b> 10:30am-<b>Members' Meeting</b> 11:30am-<b>Dita's Last Day (Join us for Lunch)</b> 1:30-<b>Way in to Personal Growth: Tips from Dr. Oz</b> 2:00pm2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness</p> 
<p>11. 10:30am-Way In to Personal Growth: Tips from Dr. Oz 11:15am-12:00pm-Overdose Prevention Talks—Part 1 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Rec: Join Us at Ladner Pool-LET'S GET FIT!</p> <div data-bbox="73 1186 316 1270" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>12. <b>Open 9:00am-4:00pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-Overdose Prevention Talks—Part 2 11:30am-Culinary Work Skills and Lunch 1:00pm-Pharmacy Talks with Ken</p> <p><b>WRAP – South – 10-12:30</b></p> <div data-bbox="389 1249 641 1312" style="border: 1px solid black; padding: 5px;"> <p>YA Group: TBA</p> </div>	<p>13. 10:30am-Coffee at Tsawwassen Tim Hortons/ 1:30pm-HBHM: <b>Walk</b></p>  <div data-bbox="682 1176 950 1270" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: Crescent Beach</p> </div>	<p>14. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Spirituality Group 10:30am-Clubhouse Maintenance 11:00am-International Day(Germany) 11:30am-Culinary Work Skills and Lunch (German) 1:00pm-<b>Skill Building: Social Interactions</b> 1:30pm-HBHM: <b>Walk</b></p> 	<p>15. <b>Open 1-8pm</b> 1:30pm-Way in to Personal Growth: More Tips from Dr. Oz 2pm-<b>Members' Meeting</b> 2:30pm-<b>Menu Planning</b> 3:00pm-Meditation and Mindfulness 4:30pm-Culinary Work Skills and Dinner and Movie Night</p> 
<p>18. 10:30am-Way In to Personal Growth Dieting Versus Lifestyle Change 11:15am-12:00pm- Overdose Prevention Talks—Part 2 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Rec: Yoga and Stretch at Ladner Park</p> <div data-bbox="73 1564 316 1648" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>19. <b>Open 9am-3pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shop-Skills 10:30am-Internet Addictions 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <p><b>WRAP – South – 10-12:30 CLOSED at 3:00pm for Staff Meeting</b></p> <div data-bbox="389 1585 641 1648" style="border: 1px solid black; padding: 5px;"> <p>YA Group: Delta Animal Shelter Visit</p> </div>	<p>20. 10:30pm- <b>Coffee at Tsawwassen Tim Hortons/</b> 1:30pm-HBHM:Outing TBA</p> <div data-bbox="682 1522 950 1585" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: TBA</p> </div>	<p>21. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(Australia) 11:30am-Culinary Work Skills and Lunch (Australian) 1:00pm-<b>Skill Building: Domestic Skills</b> 1:30pm-HBHM: <b>Walk</b></p> 	<p>22. <b>Open 10am-4pm</b> 10:30-<b>Members' Meeting</b> 11:00am <b>Menu Planning</b> 11:30am-Culinary Work Skills and Lunch 1:30pm-<b>Way in to Personal Growth: Diet vs. Lifestyle Change</b> 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness</p>
<p>25. 10:30am-11:15 -Way In to Personal Growth: Eat Fat to Burn Fat! Pt 2 11:15am-12:00pm-Internet Addictions 1:30pm-3:00pm-You Gotta Have Art at Little House Society 1:30pm-3:00pm-Fitness Rec (Leisure) Walk Around Ladner—LET'S GET WALKING!</p> <div data-bbox="73 1858 316 1942" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Job Search (By appointment only)</p> </div>	<p>26. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 11:00pm-12:00pm-Volunteering Options 1:30pm-You Gotta Have Art</p> <p><b>WRAP – South – 10-12:30</b></p> <div data-bbox="389 1837 641 1921" style="border: 1px solid black; padding: 5px;"> <p>YA Group: Navigating Mindcheck.ca</p> </div>	<p>27. 10:30pm- <b>Coffee at Tsawwassen Tim Hortons/</b> 1:30pm-HBHM: <b>Walk</b></p> <div data-bbox="682 1837 950 1911" style="border: 1px solid black; padding: 5px;"> <p>NORTH Clubhouse: 1:30pm-Seniors Connect: TBA</p> </div>	<p>28. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(China) 11:30am-Culinary Work Skills and Lunch (China) 1:00pm-<b>Skill Building: Task Completion</b> 1:30pm-<b>Soap Carving by Jasmin</b></p> 	<p>29. <b>Open 1-8pm</b> 1:30pm-Way in to Personal Growth: Eat Fat to Burn Fat! 2pm-<b>Members' Meeting</b> 2:30pm-<b>Menu Planning</b> 3:00pm-Meditation and Mindfulness 4:30pm-Culinary Work Skills and Dinner</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.