

<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>August 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>August 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>1. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:30am-Astrology—Learn about your Sign 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art - Working on Your Journal</p> <p><b>YA Group:</b> Baking and Walk</p>	<p>2. 10:30am-Coffee at Tsawwassen Tim Hortons/ Choosing Fresh Fruits and Vegetables</p> <p>1:30pm-3:00pm-HBHM: Walk</p> <p><b>NORTH Clubhouse:</b> 1:30pm-Seniors Connect: Strawberry Hill Park-Walk &amp; Snacks</p>	<p>3. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(Italy) 11:30am-Culinary Work Skills and Lunch (Italian) 1:00pm-Skill Building: Interview Attire 1:30pm-HBHM: Walk</p> 	<p>4 <b>Open 1-8pm</b> 1:30pm-Way in to Personal Growth: Dr. Oz Tips-Week 1 2pm-Members' Meeting 2:30pm-Menu Planning 3:00pm-Meditation and Mindfulness 4:30pm-Culinary Work Skills and Dinner</p>
<p>7. Provincial Day—Clubhouse Closed</p> 	<p>8. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-The Effects of Tobacco 11:30am-Culinary Work Skills and Lunch 1:30pm-3:00pm-You Gotta Have Art - Working on Your Journal</p> <p><b>YA Group:</b> TBA</p>	<p>9. 12:00pm-Choices Market Nutrition Tour</p> <p>1:30pm-HBHM: Walk</p> <p><b>NORTH Clubhouse:</b> 1:30pm-Seniors Connect: Deltassit Handbook for Seniors</p>	<p>10. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(Indian) 11:30am-Culinary Work Skills and Lunch (Indian) 1:00pm-Skill Building: Basic Kitchen Skills 1:30pm-HBHM: Walk</p>	<p>11. <b>Open 10am-4pm</b> 10:30am-Members' Meeting 11:30am-Culinary Work Skills and Lunch 1:30pm-Way in to Personal Growth: Dr. Oz Tips- Week 2 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness</p>
<p>14. 10:30am-Way In to Personal Growth: Dr.Oz Tips-Week 3 11:15am-12:00pm-Commonly Used Illegal Drugs 1:30pm-3:00pm-You Gotta Have Art - Little House Society Working on Your Journal 1:30pm-3:00pm-Fitness Rec: Join Us at Ladner Pool-LET'S GET FIT!</p> <p><b>NORTH Clubhouse:</b> 1:30pm-Job Search (By appointment only)</p>	<p>15. <b>Open 9am-4pm</b> 9:00am--Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:30am-Commonly Used Illegal Drugs 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art - Working on Your Journal</p> <p><b>YA Group:</b> Movie at Strawberry Hill—Cost: \$5</p>	<p>16. 10:30am-Coffee at Tsawwassen Tim Hortons/10 Superfoods to Try in 2017</p> <p>11:30am-Picnic at Surrey Bend Park 1:30pm-HBHM: Walk</p>  <p><b>NORTH Clubhouse:</b> 1:30pm-Seniors Connect: Let's Talk About our Dreams</p>	<p>17. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(Poland) 11:30am-Culinary Work Skills and Lunch (Polish) 1:00pm-Skill Building: Searching the Web for Volunteering #1 1:30pm-HBHM: Walk</p> 	<p>18. <b>Open 1-8pm</b></p> <p><b>Outing to Crescent Beach</b></p> 
<p>21. 10:30am-Way In to Personal Growth: Dr. Oz Tips-Week 4 11:15am-12:00pm-Alcohol Addiction 1:30pm-3:00pm-You Gotta Have Art at Little House Society - Working on Your Journal 1:30pm-3:00pm-Fitness Rec: Yoga and Stretch at Ladner Park</p> <p><b>NORTH Clubhouse:</b> 1:30pm-Job Search (By appointment only)</p>	<p>22. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 10:00am-Grocery Shopping Skills 10:30am-Alcohol Addiction 11:30am-Culinary Work Skills and Lunch 1:30pm-You Gotta Have Art</p> <p><b>YA Group:</b> White Pine Beach Swim and Picnic—Cost: \$3</p>	<p>23. 11:00am-Delta Community Animal Shelter</p>  <p>1:30pm-HBHM: Walk</p> <p><b>NORTH Clubhouse:</b> 1:30pm-Seniors Connect: Special Outing: Picnic at Bear Creek Park</p>	<p>24. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(France) 11:30am-Culinary Work Skills and Lunch (French) 1:00pm-Skill Building: Searching the Web for Volunteering #2 1:30pm-HBHM: Walk</p> <p><b>Gastown Skytrain Outing 9:00am-3:00pm</b></p>	<p>25. <b>Open 10am-4pm</b> 10:30-Members' Meeting 11:00am Menu Planning 11:30am-Culinary Work Skills and Lunch 1:30pm-Way in to Personal Growth: Dr. Oz Tips- Week 3 2:30pm-Clubhouse Members Committee Meeting 3:00pm-Meditation and Mindfulness</p> <p><b>New Member Party 4-8!!</b></p> 
<p>28. 10:30am-11:15 -Way In to Personal Growth-Plan a Healthy Labour Day Bar-b-que 11:15am-12:00pm-Shopping 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> <p><b>NORTH Clubhouse:</b> 1:30pm-Job Search (By appointment only)</p>	<p>29. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Fitness Program at Sungod 11:00pm-12:00pm-Shopping Addictions 1:30pm-You Gotta Have Art</p> <p><b>YA Group:</b> Paddle-Boating at Deer Lake Park</p>	<p>30. <b>Krause Berry Farm (Bag Lunch or \$)</b></p>  <p><b>NORTH Clubhouse:</b> 1:30pm-Seniors Connect: Afternoon Movie &amp; Popcorn</p>	<p>31. <b>Open 9am-4pm</b> 9:00am-Member Chat &amp; Coffee 10:00am-Clubhouse Maintenance 10:00am-Spirituality Group 11:00am-International Day(Mexico) 11:30am-Culinary Work Skills and Lunch (Mexican) 1:00pm-Skill Building: Shopping on a Budget 1:30pm-HBHM: Walk</p> <p><b>PNE Outing 2:30pm – 11:30pm</b></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.