

<p>Locations:</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Ladner United Church 4960 48th Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p>October 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>October 2017</p>	<p>PH: (604)596-6694</p> <p>www.dawnsociety.ca (access our online calendar)</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>2.) 10:30AM – Way In to Personal Growth: (Topic TBA)</p> <p>11:15AM-12:00PM – Earthquake Preparedness</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk)</p>	<p>3.) 10:00AM-12:30PM WRAP Program in the South</p> <ul style="list-style-type: none"> • Victim Services Presentation (TBA) <p>1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>YA Group: Movie (American Made @ 1:50PM)</p> </div>	<p>4.) 10:45AM Yoga Flow & Gym (Winskill)</p> <p>1:15-3:00PM – Little House</p> <ul style="list-style-type: none"> * Members Meeting * Disclosure to Employers <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>NORTH Clubhouse: 1:30pm Seniors Connect (Baking)</p> </div>	<p>5.) Open 9AM-4PM</p> <p>9:00am-Member Chat & Coffee</p> <p>10:00am-Spirituality Group</p> <p>11:00am-International Day: Denmark</p>  <p>1:30pm- Thanksgiving Craft (Apple Turkeys)</p>	<p>6.) Open 11AM-6PM</p>  <p>2:00PM – Trivia & Games</p> <p>4:00PM – Thanksgiving Dinner</p>
<p>9.) CLUBHOUSE CLOSED FOR THANKSGIVING</p> 	<p>10.) 9:00AM - Member Chat & Coffee</p> <p>10:00AM - Fitness Program at Sungod</p> <p>10:00AM - Grocery Shopping Skills</p> <p>10:30AM - Volunteering in Community</p> <p>11:30AM - Culinary Work Skills & Lunch</p> <p>1:30PM-3:00PM – You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>YA Group: Pay It Forward (Handing out donuts/coffee to homeless camp in Maple Ridge)</p> </div>	<p>11.) 10:30AM Gentle Fit Aqua Size (Winskill)</p> <p>1:15-3:00PM – Little House “Meditation” with Corinne</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>NORTH Clubhouse: 1:30pm Seniors Connect (What’s happening in your community)</p> </div>	<p>12.) Open 9AM-4PM</p> <p>9:00AM -Member Chat & Coffee</p> <p>10:30AM-Spirituality Group</p> <p>11:00AM-International Day: Greece</p>  <p>1:15PM- Sources (Disabilities discussion)</p>	<p>13.) Open 10AM-4PM</p> <p>10:30AM-Members’ Meeting</p> <p>11:30AM-Weigh In & Culinary Work Skills/Lunch</p> <p>1:30PM-Way in to Personal Growth:</p> <p>2:00PM – Fall Craft</p> <p>3:00PM-Meditation & Mindfulness</p> 
<p>16.) 10:30AM – Way In to Personal Growth: (Topic TBA)</p> <p>11:15AM-12:00PM – Discussion on Depression</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk)</p> 	<p>17.) 10:00AM-12:30PM WRAP Program in the South</p> <p>10:30AM – Discussion on Disclosure to Employers</p> <p>1:30PM-3:00PM - You Gotta Have Art</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>YA Group: Pumpkin Patch (Taves Farms) 11:00AM-3:30PM</p> </div>	<p>18.) 10:30AM Muscle Max – Ladner Leisure Center</p> <p>1:15-3:00PM – Little House (Vision Board)</p> <p><i>Visualize Your Success achieve Prosperity</i></p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect (Coffee Outing)</p> </div>	<p>19.) Open 9AM-4PM</p> <p>9:00AM-Member Chat & Coffee</p> <p>10:00AM-Spirituality Group</p> <p>11:00AM-International Day: Alaska</p>  <p>1:00AM-Skill Building: Social Interactions</p> <p>1:30PM- Discussion on Depression</p>	<p>20.) Open 11AM-6PM</p> <p>10:30AM-Members’ Meeting</p> <p>11:30AM-Weigh In & Culinary Work Skills/Lunch</p> <p>1:30PM-Way in to Personal Growth</p> <p>3:00PM-Meditation & Mindfulness</p> <p>4:30PM- Dinner & Movie Night</p> 
<p>23.) 10:30AM – Way In to Personal Growth: (Topic TBA)</p> <p>11:15AM-12:00PM – Side Effects of Too Much Caffeine</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk)</p>	<p>24.) 10:00AM-12:30PM WRAP Program in the South</p> <p>10:30AM - Halloween craft</p> <p>1:30PM-3:00PM - You Gotta Have Art</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>YA Group: Pumpkin Carving at the clubhouse 12:00PM-3:30PM</p> </div>	<p>25.) 11:00AM – Taves Applebarn Corn Maze</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect (TBA)</p> </div>	<p>26.) Open 9AM-4PM</p> <p>9:00AM-Member Chat & Coffee</p> <p>10:00AM - Spirituality Group</p> <p>11:30AM – Board/Staff/Members Appreciation/Awards Luncheon BBQ</p> <p>1:00PM-Skill Building: Domestic Skills</p> <p>1:30PM- Monthly Income Budgeting</p>	<p>27.) Open 10AM-4PM</p> <p>10:30AM-Members’ Meeting</p> <p>11:30AM-Weigh In & Culinary Work Skills/Lunch</p> <p>1:30PM-Way in to Personal Growth:</p> <p>3:00PM-Meditation & Mindfulness</p> 
<p>30.) 10:30AM – Way In to Personal Growth: (Topic TBA)</p> <p>11:15AM-12:00PM – Tips for Surviving on a Limited Budget</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk)</p> <p>1:30PM-3:00PM – Intro To Music Mondays</p>	<p>31.) Open 1PM-8PM HALLOWEEN PARTY/DANCE</p>  <p>Halloween Crafts – Popcorn Hands & Orange Pumpkins</p> <p>** Door Prizes & costume prizes!</p> <p>Dinner – 4:00PM</p> <p>Music – 5:30PM</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.