













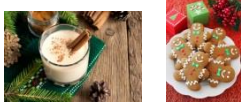
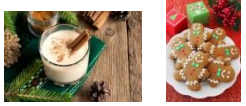


<p>Locations:</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Ladner United Church 4960 48th Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p>December 2017</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p><i>moving forward together</i></p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p>December 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>** THE NORTH CLUBHOUSE WILL BE OPEN 11AM-6PM ON WEDNESDAY DECEMBER 20TH & 9AM-4PM ON WEDNESDAY DECEMBER 27TH. **</p>				<p>1.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: Eating Healthy on a Budget Pt 2 11:30AM - Special Lunch (Super Soup/Sandwiches) & a Deck the Halls Party (Christmas Decorating at the Clubhouse) Cost: Free</p>
<p>4.) Staff Meeting 9:15AM-12:30PM</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk to local shops in Tsawwassen)</p> 	<p>5.) Open 9AM-3PM 9:00AM - Member Chat & Coffee 10:00AM-12Noon – Festive Seasons Worldwide 1:30PM-3:00PM - You Gotta Have Art ** Staff meeting at 3PM</p> <p>YA Group: Glass Snowman Ornaments at Create-It Emporium 12:30Noon-3:00PM (Leaving clubhouse by 12Noon) Cost: \$5.00 (BY REGISTRATION ONLY)</p> 	<p>6.) 11:20AM – Gym or Yoga (Winskill) 1:15PM-3:00PM – Christmas Craft (Grinch Tic Tacs) at Little House Society 2:00PM-3:30PM - New Members Meet & Greet at the Clubhouse (11715 72 Ave, Delta)</p> 	<p>7.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Christmas Goodies 11:30AM - Christmas Games 1:00PM – Speaker Presentation: Brenda Jones on her experience living with a Mood Disorder 2:00PM – Christmas Movie (Love Actually) & Snacks</p> 	<p>8.) CLUBHOUSE CLOSED FOR OUTING</p> <p>12:00Noon – Burnaby Village & Lunch (By Sign up only: 1st come, 1st Serve) Cost: \$10.00 ** Must be at clubhouse by 12 Noon **</p> 
<p>11.) 10:30AM – Way In to Personal Growth: Eating Healthy on a Budget Pt 2</p> <p>11:15AM-12:00PM – The Spirit of Christmas</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk to the local library)</p>	<p>12.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – All day Christmas Baking Marathon!</p> <p>YA Group: Soap Tag Gift at the Clubhouse @ 1:30PM Cost: \$4.00</p> 	<p>13.) 1:15PM-3:00PM - Christmas at Little House (Chinese Food) Cost: \$10.00</p> <p>3:30PM - Burnaby Village & Dinner (By Sign up only: 1st come, 1st Serve)</p> 	<p>14.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – How other countries celebrate Christmas 11:30AM – Lets make special coffees 1:00-3:00PM - Christmas Craft (Snowy Mason Jar) Cost: \$2.00</p> 	<p>15.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: 12 Tips to Spending Less (Continued) 11:30AM - Special Lunch (Fish & Chips) Cost: \$3.00 1:00PM-3:00PM – Making Christmas Cards</p> 
<p>18.) 1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> 	<p>19.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Christmas Morning Movie & Dinner Prep 1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Gingerbread Houses at the Clubhouse @ 1PM Cost: \$3.00</p> 	<p>20.) ** North Clubhouse Open 11AM-6PM ** CHRISTMAS DINNER!</p>  <p>11:00AM – Egg Nog/Hot Chocolate & Goodies 12:00Noon – Dinner Elves 1:30PM – Christmas Trivia 4:30PM – Christmas Dinner * Door Prize every hour Cost: Free</p>	<p>21.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Christmas goodies & snacks 1:00PM - 3:00PM – Centerpieces (Sign up in advance) Cost: \$3.00</p> 	<p>22.) Open 9AM-12:30PM 9:30AM- Members' Meeting 10:00AM – Hot Chocolate & Shortbread Cookies</p> 
<p>25.) CLUBHOUSE CLOSED FOR CHRISTMAS</p> 	<p>26.) CLUBHOUSE CLOSED</p> 	<p>27.) ** North Clubhouse open 9AM-4PM **</p> <p>10:30AM – Bring ideas for 2018 Clubhouse Activities & Discussions</p> <p>12Noon - Christmas Movie & Snacks</p>	<p>28.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Christmas Brunch 1:30PM-3:00PM - Ring in the New Year! How do you celebrate the New Year/What are your goals for 2018?</p> 	<p>29.) Open 9AM-12:30PM 9:30AM- Members' Meeting 10:00AM – Egg Nog & Cookies</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.