







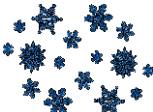






<p>Locations:</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Ladner United Church 4960 48th Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p>November 2017</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p><i>moving forward together</i></p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p>November 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>** Please note: Effective November 1st, 2017 – The Clubhouse will only provide lunches on Fridays (Special Lunch). Members will need to bring a bag/packed lunch for Tuesdays & Thursdays.</p> <p>** Dinner will be provided when the clubhouse is open on Friday evenings (Example: November 17).</p>		<p>1.) 9:15AM-12Noon - Staff Meeting 1:15-3:00PM – Little House Topic: Brain Health</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect TBA</p> </div>	<p>2.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>10:00AM - Spirituality Group</p> <p>11:30AM - Let's Travel to Hawaii</p> <p>1:30PM - 3:00PM – Afternoon Movie</p>	<p>3.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: Eating Healthy on a Budget 11:30AM - Special Lunch (Pulled Pork) Cost: \$3.00 1PM-3PM – Outing (Annual Craft Sale)</p>
<p>6.) 10:30AM – Way in to Personal Growth: Eating Healthy on a Budget</p> <p>11:15AM – Let's Travel to China</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk at Centennial Beach)</p> 	<p>7.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>10:00AM – Grocery Shopping Skills</p> <p>11:30AM – Clubhouse Pride (A clean clubhouse is a happy clubhouse)</p> <p>1:30PM-3:00PM – You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>YA Group: 1:30PM-3:00PM - You Gotta Have Art (at the Clubhouse) Cost: Free</p> </div>	<p>8.) 11:20AM – Gym or Yoga (Winskill)</p> <p>1:15-3:00PM – Little House Topic: Remembrance Day & Poppies (Come get yours!)</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>NORTH Clubhouse: 1:30pm Seniors Connect (STD Talk)</p> </div>	<p>9.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>10:30AM- Spirituality Group</p> <p>11:30AM – Remembrance Day Awareness Discussion</p> <p>Always Forever </p> <p>1:30PM - 3:00PM - HBHM (Local Walk)</p>	<p>10.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting 11:30AM- Way in to Personal Growth: Healthy Recipes (Handouts) 11:30AM - Special Lunch (Cobb Salad) Cost: \$3.00 1:00PM – Birthday Cake (Celebrate November birthdays!) 3:00PM- Meditation & Mindfulness</p> 
<p>13.) CLUBHOUSE CLOSED FOR REMEMBRANCE DAY</p> 	<p>14.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>11:30AM – Clubhouse Pride (A clean clubhouse is a happy clubhouse)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>YA Group: A Bad Moms Christmas (Movie at Strawberry Hill) Cost: \$3.00 Time TBA</p> </div>	<p>15.) 11:20AM – Gym or Yoga (Winskill)</p> <p>1:30-3:00PM – Victim Services Presentation at Little House (Come see Kim & her special canine friend)</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect (Coffee/tea outing)</p> </div>	<p>16.) Open 9AM-4PM</p> <p>9:00AM- Member Chat & Coffee</p> <p>10:00AM- Spirituality Group</p> <p>11:30AM - Let's Travel to England</p> <p>1:30PM - 3:00PM – Discussion: Fighting the Winter Blues</p> 	<p>17.) Open 11AM-6PM 11:30PM- Way in to Personal Growth: Choosing Healthy Foods 1:30PM- Members' Meeting 3:30PM- Jared, Dinner (Pizza) Night! Cost: Free!</p> 
<p>20.) 10:30AM – Way In to Personal Growth: Healthy Recipes (Handouts)</p> <p>11:15AM – 12PM – Let's Travel to Hawaii</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Walk at Ladner Park)</p>	<p>21.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee 10:00AM – Grocery Shopping Skills 11:30AM – Clubhouse Pride (A clean clubhouse is a happy clubhouse) 1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>YA Group: Soap Carving with Jasmine at the clubhouse 1:30PM Cost: \$2.00</p> </div>	<p>22.) 11:20AM – Gym or Yoga (Winskill)</p> <p>** Outing Day Weather Permitting: Harrison Hot Springs (Bald Eagle Walk)</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect (Craft)</p> </div>	<p>23.) Open 9AM-4PM</p> <p>9:00AM- Member Chat & Coffee</p> <p>10:00AM - Spirituality Group</p> <p>11:30AM - Let's Travel to China</p> <p>1:30PM- Victim Services Presentation at The Clubhouse (Come see Kim & her special canine friend)</p> 	<p>24.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM- Way in to Personal Growth: 12 Tips to Spending Less 11:30AM - Special Lunch (Tacos) Cost: \$3.00 3:00PM- Meditation & Mindfulness</p> 
<p>27.) 10:30AM – Way in to Personal Growth: Tips for a Healthy Life</p> <p>1:15AM -12PM – Let's Travel to England</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Local Walk around town)</p>	<p>28.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee 11:30AM – Clubhouse Pride 1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>YA Group: Cooking Class at Posh Pantry 11:30AM-2:30PM ** Leaving clubhouse by 10:45AM Cost: \$5.00 (includes app, meal, & dessert)</p> </div>	<p>29.) 11:20AM – Gym or Yoga (Winskill)</p> <p>1:15-3:00PM – Little House - Games Day + Group Pictionary & Bingo</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>NORTH Clubhouse: 1:30PM Seniors Connect (Afternoon movie & hot chocolate at clubhouse)</p> </div>	<p>30.) Open 9AM-4PM</p> <p>9:00AM- Member Chat & Coffee</p> <p>10:00AM - Spirituality Group</p> <p>11:30AM - Let's Travel to Costa Rica</p> <p>1:30PM - 3:00PM - Pre-Christmas Craft (Hot Chocolate Snow Man)</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.

Revised, February 2017