












<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 style="text-align: center;">January 2018</p>	 <p style="text-align: center;">D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p style="text-align: center;"><i>moving forward together</i></p> <p>**Please note that dates and times are subject to change.</p>	<p style="text-align: center;">January 2018</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 style="text-align: center;">MONDAY(SOUTH)</p>	<p style="text-align: center;">TUESDAY(NORTH)</p>	<p style="text-align: center;">WEDNESDAY(SOUTH)</p>	<p style="text-align: center;">THURSDAY(NORTH)</p>	<p style="text-align: center;">FRIDAY(NORTH)</p>
<p>1.) CLUBHOUSE CLOSED FOR NEW YEARS</p> 	<p>2.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:30AM-11:30 – Disclosure to Employers 1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Movie at Strawberry Hill (Time & Movie TBA!) <i>Must Pre-Register for ride!</i> Cost: \$3.00</p> </div>	<p>3.) 11:20AM – Gym or Yoga (Winskill) 1:15PM-3:00PM – Little House: Disclosure to Employers</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">North Clubhouse (Seniors Connect) 1:30PM: Discussion around Diabetes</p> </div>	<p>4.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – What is Aromatherapy? 11:30AM-12:30Noon – Computer Skills 1:30-3:00PM - Unwinding after the holidays</p>	<p>5.) Open 11AM-6PM 11:30AM- Members' Meeting 12:30Noon - Movie Trivia 2:00PM – Movie (Wonder Woman) 4:00PM – Pizza Dinner Cost: Free</p>  
<p>8.) 10:30AM – Way In to Personal Growth: Eating Healthy on a Budget Pt 2 11:15AM-12:00PM – Unwinding after the holidays 1:30PM-3:00PM - You Gotta Have Art at Little House Society 1:30PM – 3:00PM - HBHM (Local walk around Ladner & Hot Chocolate)</p>	<p>9.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:30AM-11:30 – Dressing for Success 1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Pay It Forward (Handing out coffee & donuts to the homeless) 11:45AM-2:30PM ** Leaving clubhouse by 11:45AM. <i>Must Pre-Register for ride!</i> Cost: Free</p> </div>	<p>10.) 11:20AM – Gym or Yoga (Winskill) 1:15PM-3:00PM – Little House: Apple Cinnamon Body Scrub</p>  <p style="text-align: center;">Cost: \$3.00</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">North Clubhouse (Seniors Connect) 1:30PM: Stretch Class</p> </div>	<p>11.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM-11:00AM - Computer Skills 11:30AM – 12:30Noon - Apple Cinnamon Body Scrub</p>  <p style="text-align: center;">Cost: \$3.00</p> <p>1:30PM-3:00PM – Afternoon Movie</p>	<p>12.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: Eating Healthy on a Budget Pt 2 12:30Noon – Special Lunch (Spaghetti & Caesar Salad) 1:30-3:00PM – Recovery Plans (Benefits & Why)</p>  
<p>15.) 10:30AM – Way In to Personal Growth: Health After the Holidays 11:15AM-12:00PM – STD Talk 1:30PM-3:00PM - You Gotta Have Art at Little House Society 1:30PM – 3:00PM - HBHM (Ladner Library Walk)</p> 	<p>16.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:30AM-11:30 – Resume Tips 1:30PM-3:00PM - You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Sushi Lunch at Victoria Sushi ** Leaving clubhouse by 11:30AM <i>Must Pre-Register for ride!</i> Cost: \$5.00</p> </div>	<p>17.) 11:20AM – Gym or Yoga (Winskill) 1:15PM-3:00PM – Little House: Dressing for Success</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">North Clubhouse (Seniors Connect) 1:30PM: STD Talk</p> </div>	<p>18.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Meditation & Mindfulness 11:30AM-12:30Noon – Computer Skills 1:30-3:00PM - Tobacco Info Session</p>	<p>19.) Open 11AM-6PM 11:30AM- Members' Meeting 12:30Noon – Crib Tournament 2:00PM – New Year's Jeopardy 4:00PM – Steak Dinner Cost: Free</p> 
<p>22.) 10:30AM – Way In to Personal Growth: Eating In Vs. Eating Out 11:15AM-12:00PM – Tobacco info Session 1:30PM – 3:00PM - HBHM (TBA) 1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Cupcake Decorating class at Posh Pantry 11:30AM-2:30PM ** Leaving Clubhouse by 10:45AM BY REGISTRATION ONLY! Cost: \$5.00</p>  </div>	<p>23.) Open 9AM-3PM 9:00AM - Member Chat & Coffee 10:30AM-11:30 – Finding the right job 1:30PM-3:00PM - You Gotta Have Art 3:00PM – Staff Meeting</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: Delta Animal Shelter ** Leaving the clubhouse by 12:30Noon. <i>Must Pre-Register for ride!</i> Cost: Free</p> </div>	<p>24.) FIRST AID AT THE CLUBHOUSE (BY REGISTRATION ONLY) ** 8:30AM-4:30PM ** 11:20AM – Outing (Thrift Stores in White Rock) or Little House: What is Aromatherapy?</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">North Clubhouse (Seniors Connect) 1:30PM: TBA</p> </div>	<p>25.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Meditation & Mindfulness 11:30AM-12:30Noon – Computer Skills 1:30-3:00PM - Pros & Cons of Online Dating</p>	<p>26.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: Health After the Holidays 12:30Noon – Special Lunch (Stir Fry)</p>  <p>1:30-3:00PM – Recovery Plans (Benefits & Why)</p>
<p>29.) 10:30AM – Way In to Personal Growth: Healthy Alternatives 11:15AM-12:00PM – Pros & Cons of Online Dating 1:30PM – 3:00PM – HBHM (Beach Grove Tsawwassen Walk) 1:30PM-3:00PM – You Gotta Have Art at Little House Society</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Music Mondays: Jared at the Clubhouse 1:00PM-3:00PM</p> </div>	<p>30.) Open 9AM-4PM 9:00AM – Member Chat & Coffee 10:30AM-11:30 – Transferable Skills 1:30PM-3:00PM – You Gotta Have Art</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>YA Group: 10 Pin Bowling at Zone Bowling Coquitlam <i>Must Pre-Register for ride!</i> Cost: \$3.00</p> </div>	<p>31.) 11:20AM – Gym or Yoga (Winskill) 1:15PM-3:00PM – Little House: Finding the right job</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">North Clubhouse (Seniors Connect) 1:30PM: Local coffee outing</p> </div>		

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.