

<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>February 2018</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>February 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>MONDAY(SOUTH)</p>	<p>TUESDAY(NORTH)</p>	<p>WEDNESDAY(SOUTH)</p>	<p>THURSDAY(NORTH)</p>	<p>FRIDAY(NORTH)</p>
			<p>1.) Open 9AM-4PM 10AM-11AM – Meet for Coffee & a Donut at Tim Horton's (12169 72 Ave, Delta, BC) Cost: FREE 11:00AM-3PM - Valentine's Day Baking (Cookies)! 11:30AM-12:30Noon – Discussion on Heart & Stroke Foundation</p> <p>1:30-3:00PM - Seawall Training</p> 	<p>2.) Open 11AM-6PM 11:30AM- Members' Meeting 12:00Noon – Decorating the house for Valentine's 2:00PM – Valentine's Movie (The Notebook)</p>  <p>4:00PM – Dinner (Chili, Salad, & Dessert) Cost: \$3.00</p>
<p>5.) 10:30AM – Way In to Personal Growth: Healthy Alternatives</p> <p>11:15AM-12:00PM – How To Volunteer In Your Community</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Ravine Walk in Ladner)</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>6.) Open 9AM-4PM 9:00AM - Member Chat & Coffee</p> <p>10:00AM-12:30 – WRAP (By Registration @ Clubhouse)</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Painting Class at Zealous Art from 1:00PM-3:00PM Cost: \$5.00 ** Leaving Clubhouse by 12:20Noon MUST PRE-REGISTER!</p> 	<p>7.) 10:00AM-12:30 – WRAP (By Registration @ Clubhouse)</p> <p>11:20AM – South Group Outing (Buddha Temples/Steveston Village) * Bring lunch or Buy Lunch</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Let's Talk About Tobacco</p>	<p>8.) Open 9AM-4PM 10AM-11AM – Meet for Coffee & a Donut at Tim Horton's (12169 72 Ave, Delta, BC) Cost: FREE</p> <p>11:30AM-12:30Noon – Valentine's Day Trivia</p> <p>1:30-3:00PM – Apple Cinnamon Body Scrub & Lip Balm (Cost \$3.00) * MUST PRE-REGISTER!</p> 	<p>9.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: Health Benefits of Garlic (Part 1)</p> <p>12:30Noon – Taco Lunch Cost: \$3.00</p>  <p>1:30-3:00PM – Making Valentine's Day Cards</p>
<p>12.) CLUBHOUSE CLOSED FOR FAMILY DAY!</p> 	<p>13.) Clubhouse CLOSED AM Open 12:15Noon-4PM</p> <p>10:00AM-12:30 – WRAP (By Registration @ Clubhouse)</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Board Games (Peer Led by Sohini & Cam in the boardroom at clubhouse) 1:00PM-3:00PM Cost: FREE</p>	<p>14.) 10:00AM-12:30 – WRAP (By Registration @ Clubhouse)</p> <p>10:20AM – Zumba (Winskill)</p> <p>1:15PM-3:00PM – Little House: Pizza & V-Day Movie (Cost \$3.00)</p> <p>North Clubhouse (Seniors Connect) 1:30PM: Valentine's Day Party</p>	<p>15.) Open 9AM-4PM 10AM-11AM – Meet for Coffee & a Donut at Tim Horton's (12169 72 Ave, Delta, BC) Cost: FREE 11:30AM-1:30PM – Post Valentine's Day Get Together * Free Goodies * 12Noon - Free Lunch (Chili Dogs & Salad)</p>  <p>1:30-3:00PM – Sources Disability Speaker (Latest info update)</p>	<p>16.) Open 10AM-4PM 10:30AM- Members' Meeting 11:30AM - Way in to Personal Growth: Health Benefits of Garlic (Part 2) 12:30Noon – Chinese New Year's Celebration Cost: \$3.00</p>  <p>2:00PM – Learn about your Zodiac Signs * Fortune Cookies * Chinese New Year Trivia</p>
<p>19.) 10:30AM - Members' Meeting & Discussion on Dating</p> <p>11:15AM-12:00PM – Discussion on Heart & Stroke Foundation</p> <p>1:30PM – 3:00PM – Joint Outing (Beach Grove & Coffee) * Collect rocks for art group</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>20.) Open 9AM-4PM 9:00AM - Member Chat & Coffee</p> <p>10:00AM-12:30 – WRAP (By Registration @ Clubhouse)</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Movie at Strawberry Hill (Time & Movie TBA) Cost: \$3.00 * Must Pre-Register for ride or meet us there</p>	<p>21.) 10:20AM – Zumba (Winskill)</p> <p>1:15PM-3:00PM – South Group Movie At Theatre (Movie & time TBA)</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Local Walk</p>	<p>22.) Open 9AM-4PM 10AM-11AM – Meet for Coffee & a Donut at Tim Horton's (12169 72 Ave, Delta, BC) Cost: FREE 1:30-3:00PM – Stemless Glass Colour Craft</p>  <p>Cost: \$5.00 * BY REGISTRATION ONLY; MUST PRE-REGISTER!</p>	<p>23.) Open 11AM-6PM</p> <p>11:30AM- Members' Meeting</p> <p>12:30Noon - Thrift Store Outing (MUST PRE-REGISTER) Cost: Free</p> <p>4:30PM – Dinner (Chicken Cordon Bleu) Cost: \$3.00</p> 
<p>26.) Staff Meeting 9:30AM-11:30AM</p> <p>1:30PM – 3:00PM – HBHM (Local Beach Walk)</p> <p>1:30PM-3:00PM – You Gotta Have Art at Little House Society</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>27.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM-12:30 – WRAP (By Registration @ Clubhouse) 1:30PM-3:00PM – You Gotta Have Art</p> <p>YA Group: Lazer Tag @ Planet Lazer (19033 54 Ave, Langley) * Leaving Clubhouse by 12:20PM * MUST PRE-REGISTER Cost: \$5.00</p>	<p>28.) 10:20AM – Zumba (Winskill)</p> <p>1:15PM-3:00PM – Little House: Disclosure To Employers & Apple Cinnamon Body Scrub</p> <p>North Clubhouse (Seniors Connect) 1:30PM: Discussion on Dating</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.