






<p><b>Locations:</b></p> <p>Little House Society 5061 – 12<sup>th</sup> Ave. Tsawwassen</p> <p>Ladner United Church 4960 48<sup>th</sup> Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p><b>March 2018</b></p>	 <p>DELTA ALLIANCE FOR WELLNESS &amp; NETWORKING</p> <p><i>moving forward together</i></p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p><b>March 2018</b></p>	<p>PH: (604)596-6694</p> <p><a href="http://www.dawnsociety.ca">www.dawnsociety.ca</a> (access our online calendar)</p> <p>North Clubhouse: 11715 72<sup>nd</sup> Ave. Delta</p>
<p><b>MONDAY(SOUTH)</b></p>	<p><b>TUESDAY(NORTH)</b></p>	<p><b>WEDNESDAY(SOUTH)</b></p>	<p><b>THURSDAY(NORTH)</b></p>	<p><b>FRIDAY(NORTH)</b></p>
			<p>1.) <b>Open 9AM-12:30Noon</b> 10AM-11AM – <b>Meet for Coffee &amp; a Donut at Tim Horton's</b> (12169 72 Ave, Delta, BC) <b>Cost: FREE</b> <b>CLUBHOUSE CLOSED FOR OUTING AT 12:30NOON</b> 1:00PM-3:30PM – <b>Outing @ Dell Lanes (Bowling &amp; Pizza)</b> <b>MUST PRE-REGISTER!</b> <b>Cost: \$3.00</b></p>	<p>2.) <b>Open 10AM-4PM</b> 10:30AM- <b>Members' Meeting</b> 11:30AM - <b>Way in to Personal Growth: Path to Improved Health</b> 12:30Noon – <b>Stir Fry Lunch</b> <b>Cost: \$3.00</b></p>  <p>1:30PM-3:00PM – <b>Current Events</b></p>
<p>5.) 10:30AM – <b>Way In to Personal Growth: Path to Improved Health</b></p> <p>11:15AM-12:00PM – <b>Let's Talk Naloxone (Series Part 1)</b></p> <p>1:30PM-3:00PM - <b>You Gotta Have Art at Little House Society</b></p> <p>1:30PM – 3:00PM - <b>HBHM (Local Walk)</b></p> <div data-bbox="73 913 341 987" style="border: 1px solid black; padding: 5px;"> <p><b>Music Mondays:</b> Jared at the Clubhouse 1:00PM-2:30PM</p> </div>	<p>6.) <b>Open 9AM-4PM</b> 9:00AM - <b>Member Chat &amp; Coffee</b> 10:30AM – <b>WorkBC Office Tour (Must Pre-Register)</b> 10:00AM-12:30 – <b>Let's Talk Naloxone (Series Part 1)</b> 1:30PM-3:00PM - <b>You Gotta Have Art</b></p> <div data-bbox="373 829 657 997" style="border: 1px solid black; padding: 5px;"> <p><b>YA Group: Cooking Class @ Posh Pantry 11:30AM-2:30PM</b> <b>** Leaving Clubhouse by 10:45AM BY REGISTRAITON ONLY!</b> <b>Cost: \$5.00</b></p>  </div>	<p>7.) 10:20AM – <b>Zumba (Winskill)</b></p> <p>1:15PM-3:00PM – <b>Jammin' With Jared at Little House</b> <b>Cost: Free</b></p>  <div data-bbox="678 871 950 945" style="border: 1px solid black; padding: 5px;"> <p><b>North Clubhouse (Seniors Connect) 1:30PM:</b> Taking Care of Your Body</p> </div>	<p>8.) <b>Open 9AM-4PM</b> 10AM-11AM – <b>Current Events</b></p> <p>11:30AM-12:30Noon – <b>What Is Wellness?</b></p> <p>1:30-3:00PM - <b>Seawall Training</b></p> <p>1:30-3:00PM – <b>Woodland Mason Jar Craft</b> <b>Cost: \$3.00</b></p> 	<p>9.) <b>Open 11AM-6PM</b> 11:30AM- <b>Members' Meeting</b></p> <p>12:00Noon - <b>Way in to Personal Growth: Aging Well</b></p> <p>1:00Noon – <b>Movie Trivia</b></p> <p>2:00PM – <b>Movie (TBA)</b></p> <p>4:00PM – <b>Pork Roast &amp; Veggies Dinner</b> <b>Cost: \$3.00</b></p> 
<p>12.) 10:30AM – <b>Way In to Personal Growth: Aging Well</b></p> <p>11:15AM-12:00PM – <b>Let's Talk Naloxone (Series Part 2 &amp; 3)</b></p> <p>1:30PM-3:00PM - <b>You Gotta Have Art at Little House Society</b></p> <p>1:30PM – 3:00PM - <b>HBHM (Local Walk)</b></p> <div data-bbox="73 1291 341 1365" style="border: 1px solid black; padding: 5px;"> <p><b>Music Mondays:</b> Jared at the Clubhouse 1:00PM-2:30PM</p> </div>	<p>13.) <b>Open 9AM-4PM</b> 9:00AM - <b>Member Chat &amp; Coffee</b> 10:00AM-12:30 – <b>Let's Talk Naloxone (Series Part 2)</b></p> <p>1:30PM-3:00PM - <b>You Gotta Have Art</b></p> <div data-bbox="373 1228 657 1354" style="border: 1px solid black; padding: 5px;"> <p><b>YA Group: Soap Carving (Peer Led by Jasmine) at the Clubhouse at 1:30PM</b> <b>Cost: FREE</b></p> </div>	<p>14.) 10:20AM – <b>Zumba (Winskill)</b></p> <p><b>NEW MEMBER'S MEET &amp; GREET!</b> <b>1:30-3:00PM at the Clubhouse (11715 72 Ave, Delta, BC)</b></p>  <div data-bbox="690 1291 950 1365" style="border: 1px solid black; padding: 5px;"> <p><b>North Clubhouse (Seniors Connect) 1:30PM:</b> Let's Talk Naloxone</p> </div>	<p>15.) <b>Open 9AM-4PM</b> 10AM-11AM – <b>Meet for Coffee &amp; a Donut at Tim Horton's</b> (12169 72 Ave, Delta, BC) <b>Cost: FREE</b></p> <p>12:30Noon-3:00PM - <b>Easter Baking/Rice Krispie Nests</b></p>  <p>1:30-3:00PM - <b>Seawall Training</b></p> 	<p>16.) <b>Open 10AM-4PM</b> 10:30AM- <b>Members' Meeting</b> 11:30AM - <b>Way in to Personal Growth: A Healthy Snack</b> 12:30Noon – <b>Grilled Cheese &amp; Fries</b> <b>Cost: \$3.00</b> 1:30-3:00PM – <b>St. Patrick's Day Trivia &amp; Free Irish Coffee/Cookies</b></p> <div data-bbox="1291 1260 1550 1365" style="border: 1px solid black; padding: 5px;"> <p>Cooking Class @ Posh Pantry 10:45AM-2:30PM <b>** Leaving Clubhouse by 10:45AM BY REGISTRAITON ONLY!</b> <b>Cost: \$5.00</b></p> </div>
<p>19.) 10:30AM - <b>HBHM (Tsawassen Local Walk)</b></p> <p>1:30PM – 3:00PM – <b>You Gotta Have Art at Little House Society</b></p>  <div data-bbox="73 1585 341 1669" style="border: 1px solid black; padding: 5px;"> <p><b>Music Mondays:</b> Jared at the Clubhouse 1:00PM-2:30PM</p> </div>	<p>20.) <b>Open 9AM-4PM</b> 9:00AM - <b>Member Chat &amp; Coffee</b> 10:00AM-12:30 – <b>Let's Talk Naloxone (Series Part 3)</b> 1:30PM-3:00PM - <b>You Gotta Have Art</b></p> <div data-bbox="373 1543 657 1659" style="border: 1px solid black; padding: 5px;"> <p><b>YA Group: Fly Over Canada</b> <b>** Leaving Clubhouse by 12NOON BY REGISTRAITON ONLY!</b> <b>Cost: \$5.00</b></p> </div>	<p>21.) <b>South Outing: Movie at SilverCity Riverport Cinemas (Time &amp; Movie TBA) Cost: \$3.00</b></p>  <div data-bbox="690 1585 950 1669" style="border: 1px solid black; padding: 5px;"> <p><b>North Clubhouse (Seniors Connect) 1:30PM:</b> Coffee Outing (A &amp; W)</p> </div>	<p>22.) <b>Open 9AM-4PM</b> 10AM-12:00Noon – <b>Come &amp; Make Easter Cards</b></p> <p>11:30AM-1:00PM – <b>Games Afternoon (Monopoly/Scrabble)</b></p> <div data-bbox="982 1543 1258 1669" style="border: 1px solid black; padding: 5px;"> <p>Palette Knife Painting Class @ Zealous Art Studios <b>** Leaving Clubhouse by 12:15Noon BY REGISTRAITON ONLY!</b> <b>Cost: \$5.00</b></p> </div>	<p>23.) <b>Open 11AM-6PM</b> 11:30AM- <b>Members' Meeting</b> 12:00Noon – <b>Free Cookies &amp; Coffee</b> 2:00PM – <b>Crib Tournament</b> 4:00PM – <b>Jammin' with Carolyn Stewart</b></p>  <p>5:00PM – <b>Pizza Dinner Party</b> <b>Cost: \$3.00</b></p>
<p>26.) 10:30AM - <b>HBHM (Tsawassen Local Walk)</b></p> <p>1:30PM-3:00PM - <b>You Gotta Have Art at Little House Society</b> * <b>Easter Party</b> * <b>Easter Mandela's &amp; Free Special Coffees</b></p> <div data-bbox="73 1879 341 1953" style="border: 1px solid black; padding: 5px;"> <p><b>Music Mondays:</b> Jared at the Clubhouse 1:00PM-2:30PM</p> </div>	<p>27.) <b>Open 9AM-4PM</b> 9:00AM - <b>Member Chat &amp; Coffee</b> 10:00AM-12:30Noon – <b>Decorate the Clubhouse for Easter</b> 1:30PM-3:00PM - <b>You Gotta Have Art</b></p> <div data-bbox="373 1848 657 1963" style="border: 1px solid black; padding: 5px;"> <p><b>YA Group: Sushi Lunch at Victoria Sushi</b> <b>** Leaving clubhouse by 11:30AM Must Pre-Register for ride!</b> <b>Cost: \$5.00</b></p> </div>	<p>28.) 1:15PM-3:00PM – <b>Easter Lunch at the Little House (Chinese Food)</b> <b>Cost: \$5.00</b></p>  <div data-bbox="690 1879 950 1953" style="border: 1px solid black; padding: 5px;"> <p><b>North Clubhouse (Seniors Connect) 1:30PM:</b> Easter Party at the Clubhouse</p> </div>	<p>29.) <b>Open 9AM-4PM</b> 10AM-12Noon – <b>Member Chat &amp; Coffee at the Clubhouse (Free Coffee &amp; Cookies all day)</b> 12:30Noon-3:00PM – <b>Easter Lunch Party</b> * <b>Ham, Salad, Veggies, &amp; Dessert</b> * <b>Easter Trivia</b> * <b>Easter Movie</b></p> 	<p>30.) <b>CLUBHOUSE CLOSED FOR GOOD FRIDAY!</b></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.